

The Virtual Village

A space for parents 7-12M postpartum

Research shows that social support after the birth of a baby protects against postpartum depression and anxiety

The global pandemic has disrupted the support systems that parents rely on and added more stress, anxiety, isolation, and anger. The goal of this group is to give you some of that support back through therapy, education, and community.

The Virtual Village is a therapy and education group for parents 7-12 months postpartum. Each session will be 90-minutes, held via secure video. We will meet weekly for 6 weeks. This is a closed group with limited spaces to foster trust and support. Some topics include:

- **Baby blues vs postpartum depression & anxiety...***I'm 8 months postpartum and don't feel quite right*
- **Myths of parenthood...***am I good enough even if I (fill in the blank)*
- **Bonding with baby...***I'd like more ways to bond with my baby as they grow*
- **Grief and loss...***I miss my identity...time hasn't healed how I feel about the birth...COVID!*
- **Self-care and self-compassion...***how can I add self-care back into my life? What is self-compassion?*
- **Intimacy...***how can I connect with my partner/myself? I don't even know what I need*

Good Moms Have Scary Thoughts book included
Inquire about rates



Latisha O'Connor, MSW, PMH-C
(424) 209-7238
latisha@latishaoconnorththerapy.com
www.latishaoconnorththerapy.com
Supervised by Mona Valeriano, LCSW

Call, email, or fill out the contact form on my website to be added

Babies always welcome