

The Virtual Village

A space for new parents

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

The 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 0-6 months postpartum. Each session is 90-minutes, via video, and we 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**...*is this typical or something more serious?*
- **Myths of parenthood**...*am I good enough even if I (fill in the blank)?*
- **Bonding with baby**...*who is this tiny stranger and how can we build a bond?*
- **Grief & loss**...*I lost my identity...birth didn't go as planned...I hoped to feed differently...COVID ruined it all!*
- **Care & self-compassion**...*receiving care and meeting needs in a broken system during a pandemic*
- **Intimacy**...*don't touch me...I miss touch...my needs have changed...how do I connect with my partner/myself?*

Good Moms Have Scary Thoughts book included
\$35-\$45 a session based on financial need



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