

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 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 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**...*I'm 8 months postpartum and don't feel 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 & loss**...*I lost my identity...time hasn't healed how I feel about some things...COVID!*
- **Care & self-compassion**...*receiving care and meeting needs in a broken system during a pandemic*
- **Intimacy**...*how can I connect with myself/my partner? I don't know what I need*

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



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

Babies always welcome