

The Virtual Village

A space for parents

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

The *Virtual Village* is a therapy and education group for parents 0-12 months postpartum

We meet weekly, via video, on weekends 10:00am - 11:30am
Space is limited to foster trust and support

Topics include:

- **Baby blues vs perinatal mood & anxiety disorders**...*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



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***Call, email, or fill out the
info form on my website to
be enrolled***

Babies always welcome