

THE VIRTUAL VILLAGE

A SPACE FOR PARENTS

"I think people need to talk about it more because it's almost like the fourth trimester, it's part of the pregnancy."

- Serena Williams,
Professional Tennis Player



"I was obsessed with doing things 'right' with our new son. It nearly broke us the first night he came home."

- Aymann Ismail,
Writer

An online 6-week therapy & education group
for parents 0-6 months postpartum

Topics include:

Baby blues vs perinatal mood & anxiety disorders

Myths of parenthood

Bonding with baby

Care & self-compassion

Intimacy



Facilitated by:
Latisha O'Connor, LCSW, PMH-C
www.latishaoconnorththerapy.com
latisha@latishaoconnorththerapy.com

When: Thursdays 11-12:30
starting Sept 14th

Cost: \$40 a session

Sign up: email or fill out
contact form on website