

VIRTUAL POSTPARTUM SUPPORT GROUP

With an emphasis on expressive therapy, this group offers new mothers a chance to carve out some time for themselves to process the challenges and joys of early parenthood. Participants will be guided through a series of individual and group movement exercises and will have the opportunity to reflect on their experience using verbal discussion, artistic and/or written expression.



Group Topics

- Pregnancy, labor + birth experiences
 - Transition to motherhood
 - Identity
 - Partner relationships
- Body image and self care

6-WEEK SESSION: \$180

CONTACT FOR MORE INFORMATION

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