



Postpartum Support Group (Virtual)

Mondays 3-4:15pm

Weekly Drop-in Sessions via Zoom. There is no obligation to attend each week

The postpartum time frame can be one of great joy and happiness AND also of stress, anxiety and uncertainty. In this group, women will be supported through this transition by a licensed therapist, **Mara Watts, LPC**, who is experienced in treating perinatal mood and anxiety disorders and birth trauma.

Topics covered may include:

- Changing identity
- Roles and expectations
- Relationships with partner and family
- Bonding with your child
- Parenting strategies
- Excessive worry and anxiety

In this group you can expect to be listened to and respected. You will also connect with others who are going through similar experiences. Through mindfulness-based Cognitive Behavior Therapy (CBT), narrative therapy practices and psychoeducation, you can begin to feel like yourself again.

During this open, drop-in group, participants will be provided with the tools to become more confident parents.

Cost: \$130/session – each session is 75 minutes.

Based on the therapist's license, participants need to be located in Virginia at the time of the group.

**For more information & to register please contact us at
703-687-6610 or vainfo@rosscenter.com**