

Moms With Babies

A Discussion Group

Tuesdays, 10-11 am, starting Oct. 24

The Women's Initiative, 1101 East High St., C'ville

A space for honest and real conversation about what it's like to be the mother of a newborn to one-year-old. In this group, moms of babies will share experiences and give and receive support. Whether this is your first child or your second, third, fourth, fifth ... join us to create a community of moms focused on caring for ourselves as we navigate this significant and sometimes challenging time.



Each week we'll focus on a different topic, including:

- self-care
- transitioning into the role of mother
- coping with feelings of isolation and worry
- resources for postpartum depression and anxiety
- managing a changing relationship with a partner
- strategies for wellness during times of sleep deprivation
- adapting to a reality that's different than expected

Newcomers welcome to the group every week. Babies welcome in the group, child care for older children available on request. Facilitated by Holly Kennedy, LPC, and Sarah Struckmann. For more information or to request child care for older children: (434) 872-0047 or info@thewomensinitiative.org



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