

MOTHERHOOD CONNECTIONS ~ MAY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Breastfeeding Blues & Bliss Support Group 12:30-1:30pm, Gryphon Gymnastics Brown Baby Bump Love Bath 9 - 9:15pm, Birth Sisters	4	5 Welcome to Motherhood 10:30am - 12pm Sentara Martha Jefferson	6
9	10 Breastfeeding Blues & Bliss Support Group 12:30-1:30pm, Gryphon Gymnastics Brown Baby Bump Love Bath 9 - 9:15pm, Birth Sisters	11 Parent Support for Survival for Moms & Dads 7:30 - 8:30pm Sentara Martha Jefferson	12 Out of the Blues Postpartum Support 10:30am - 12pm Sentara Martha Jefferson	13 Facebook Nap Chat Sleep Coach Alison Edigi 12:00pm
16 Women In Motion Bladder health: incontinence & urgency 11:30am - 12:30pm	17 Breastfeeding Blues & Bliss Support Group 12:30-1:30pm, Gryphon Gymnastics Brown Baby Bump Love Bath 9 - 9:15pm, Birth Sisters	18	19 Welcome to Motherhood 10:30am - 12pm Sentara Martha Jefferson	20
23	24 Breastfeeding Blues & Bliss Support Group 12:30-1:30pm, Gryphon Gymnastics Brown Baby Bump Love Bath 9 - 9:15pm, Birth Sisters	25 Lactation Nation - Birth Sisters Baby Feeding Support Group for BIPOC Moms, 6:30 - 8:00 pm Parent Support for Survival for Moms & Dads 7:30 - 8:30pm Sentara Martha Jefferson	26 Out of the Blues Postpartum Support 10:30am - 12pm Sentara Martha Jefferson	27
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Sentara Martha Jefferson - Please consider joining our private Facebook group, Sentara Martha Jefferson Motherhood, or email lesalvat@sentara.com
 Facebook Nap Chat - LIVE sleep Q&A with Allison Egidi, a certified pediatric sleep consultant. Visit FB: [@SleepandWellnessCoach](https://www.facebook.com/SleepandWellnessCoach)
 Women In Motion Core & Pelvic Floor with Michelle Little - To join Email: PTinfo@WomenInMotionPT.com or join directly via the Facebook group.
 Birth Sisters of Charlottesville - To register for Love Bath please visit: www.birthsisterscville.org, for Lactation Nation email: admin@birthsisterscville.org
 Breastfeeding Blues & Bliss Support Group - Tuesdays, 12:30-1:30 pm at Gryphon Gymnastics 1713 Allied Ln, C'ville To register, email Lou@BBBLC.net

Sentara Martha Jefferson – www.facebook.com/groups/mjmotherhood or email: lesalvat@sentara.com
Support Groups are free and open to all. Please consider joining the Sentara Martha Jefferson Motherhood private FB group for updated information and links.

Welcome To Motherhood – 1st & 3rd Thursday of each month 10:30am – 12pm

This group is designed to be a safe place for new and experienced mothers with their babies to meet, share local support resources, encourage one another, reflect, and get questions answered about this challenging stage of life. We want all mothers to know they are NOT alone!

Out of the Blues – 2nd & 4th Thursdays 10:30am– 12pm

Motherhood is challenging, both physically and emotionally. Even if this is not your first baby, sometimes, the work of caring for your family can be overwhelming and bring unexpected stress, worry, and sadness. If you need a place to talk, we are here for you. This group is affiliated with PSVa

Parent Support for Survival for Moms & Dads 2nd & 4th Wednesdays 7:30 – 8:30pm

This is a unique offering of support carefully designed for prenatal and postnatal families. This support group is intended to adjust expectations and meet you where you are. Each month's session will be focused on recovery after birth for the whole family to include practical tips like eating, sleeping, finding your village, maintaining emotional wellness, returning to work, and how to physically return to "normal."

Breastfeeding Blues & Bliss – www.bbblc.net and www.facebook.com/bbblc

We are Marion "Lou" Lamb, and Ashley Fore, experienced, board-certified lactation consultants and registered nurses. We offer professional lactation support in Charlottesville, & the surrounding communities to help you meet your breastfeeding goals. We are credentialed providers for Aetna and Tricare.

Free weekly, in-person group Tuesdays, 12:30–1:30 pm, at Gryphon Gymnastics. This group is facilitated by an IBCLC, who will keep the discussion evidence-based and also bring her scale for mothers to get "peace of mind" trending weights. But more importantly, you will give and receive mother-to-mother support...priceless.

The Women's Initiative – (434) 872-0047, www.thewomensinitiative.org

The Women's Initiative offers a variety of support and therapeutic resources including free Walk-In Wellness Consultations and virtual groups on a variety of topics and areas of support. Walk-Ins are designed to offer immediate, short-term assistance including: self-care assessment, wellness planning, emotional support, education, eligibility screening, and referral services. Please visit the website for hours and group offerings.

Birth Sisters of Charlottesville – admin@birthsisterscville.org or www.birthsisterscville.org

A women of color community based doula collective supporting women of color through their birth journey & into motherhood. Our aim is to amplify the resiliency of Black, Indigenous, Women of Color by drawing on life experiences, shared values, training, & sacred legacies to provide culturally rooted, trauma intuitive perinatal services & advocacy. Serving women in Charlottesville & the surrounding counties.

Love Bath – Every Tuesday at 9pm via Zoom, Only 15 minutes, where you intentionally, through meditation and mindfulness, send Love to the precious baby growing in your belly. This special time is for BIPOC pregnant women and those who want to hold space for them and send Love.

Nearby Baby – www.nearbybaby.org

Postpartum doulas to support families once home with their newborn(s) for free or on a pay what you can basis.

Postpartum Support of Virginia

www.postpartumva.org

703-829-7152

MomsOnCall@postpartumva.org

Virtual Support Groups – Our Virtual Support Groups are a safe space to discuss anxiety, fear, parenting, mothering, and care of self. You can choose a support group based off of your location, or by day/time — all of our groups are open to any mother in Virginia. To participate, simply join through the Zoom link for the group of your choosing. www.postpartumva.org

Telephone and email support. Volunteers are available for support. These volunteers can provide information about perinatal mood and anxiety disorders, support and encouragement, and health care resources. All volunteers have first-hand knowledge of postpartum depression, either personally or through a family member.

Postpartum Support International

Call or Text our Helpline

1-800-944-4773 (4PPD) text: 503-894-9453

www.postpartum.net

Available 24 hours a day, you will be asked to leave a confidential message and a trained and caring volunteer will return your call or text. They will listen, answer questions, offer encouragement and connect you with local resources as needed.

Additional PSI resources include On-Line Groups, Peer Mentors, and Chat with an Expert.

You are not alone and you are not to blame. PSI is here to help. You will get better.