

# PARENTHOODHOOD CONNECTIONS ~ FEBRUARY 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1	2	3
			<p><b>Welcome to Motherhood</b> 10:30am - 12pm, In Person Sentara Martha Jefferson</p> <p><b>Story Time, Blue Bird Crozet</b> 11:00am - 12:00pm www.bluebirdcrozet.com</p>	<p><b>La Leche League of C'ville</b> 1pm - 2pm Common Grounds Yoga Studio</p>
6	7	8	9	10
	<p><b>Welcome to Motherhood</b> 10:30am - 12pm, Zoom Sentara Martha Jefferson</p> <p><b>Brown Baby Bump Love Bath</b> 9 - 9:15pm, Birth Sisters</p>	<p><b>Parenting Support for Survival</b> for Moms &amp; Dads 7:30 - 8:30pm Sentara Martha Jefferson (Zoom)</p>	<p><b>Out of the Blues</b> <b>Postpartum Support</b> 10:30am - 12pm, In Person</p> <p><b>Story Time, Blue Bird Crozet</b> 11:00am - 12:00pm www.bluebirdcrozet.com</p>	<p><b>Facebook Nap Chat</b> Sleep Coach Alison Edigi 12:00pm</p> <p><b>La Leche League of C'ville</b> 1pm - 2pm Common Grounds Yoga Studio</p>
13	14	15	16	17
	<p><b>Brown Baby Bump Love Bath</b> 9 - 9:15pm, Birth Sisters</p>		<p><b>Welcome to Motherhood</b> 10:30am - 12pm, In Person Sentara Martha Jefferson</p>	<p><b>La Leche League of C'ville</b> 1pm - 2pm Common Grounds Yoga Studio</p>
20	21	22	23	24
<p><b>Women In Motion</b> Core &amp; Pelvic Floor 11:30am - 12:30pm</p>	<p><b>Welcome to Motherhood</b> 10:30am - 12pm, Zoom Sentara Martha Jefferson</p> <p><b>Brown Baby Bump Love Bath</b> 9 - 9:15pm, Birth Sisters</p>	<p><b>Lactation Nation - Birth Sisters</b> Baby Feeding Support Group for BIPOC Moms, 6:30 - 8:00 pm Zoom &amp; In-person</p> <p><b>Parent Support for Survival</b> <b>for Moms &amp; Dads</b> 7:30 - 8:30pm Sentara Martha Jefferson (Zoom)</p>	<p><b>Out of the Blues</b> <b>Postpartum Support</b> 10:30am - 12pm, In Person</p>	<p><b>La Leche League of C'ville</b> 1pm - 2pm Common Grounds Yoga Studio</p>
27	28			
	<p><b>Brown Baby Bump Love Bath</b> 9 - 9:15pm, Birth Sisters</p>			

FOR CONTACT & REGISTRATION INFORMATION PLEASE SEE BELOW (OR ON BACK)

Sentara Martha Jefferson – Please consider joining our private Facebook group, Sentara Martha Jefferson Motherhood, or email [lesalvat@sentara.com](mailto:lesalvat@sentara.com)  
Facebook Nap Chat – LIVE sleep Q&A with Allison Egidi, a certified pediatric sleep consultant. Visit FB: @SleepandWellnessCoach  
Women In Motion Core & Pelvic Floor with Michelle Little – To join Email: [PTinfo@WomenInMotionPT.com](mailto:PTinfo@WomenInMotionPT.com) or join directly via the Facebook group.  
Birth Sisters of Charlottesville – To register for Love Bath please visit: [www.birthsisterscville.org](http://www.birthsisterscville.org), for Lactation Nation email: [admin@birthsisterscville.org](mailto:admin@birthsisterscville.org)  
La Leche League Breastfeeding Support – [lllcville@gmail.com](mailto:lllcville@gmail.com), <http://lllcville.blogspot.com/2009/02/welcome.html>

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**Sentara Martha Jefferson** – [www.facebook.com/groups/mjmotherhood](http://www.facebook.com/groups/mjmotherhood) or email: [lesalvat@sentara.com](mailto:lesalvat@sentara.com)

**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."

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**La Leche League of C'ville** Fridays 1-2pm, Common Ground Healing Arts yoga studio, Jefferson School City Center  
LLL meetings are very informal, a chance to chat about whatever is going on with you, your baby, and breastfeeding. Bring your questions, share your experiences, find a supportive, inclusive community. Come solo, bring your baby, come late, pump, wear a mask--do whatever works for you. We meet in a yoga studio, so wear comfy clothes--we will be sitting on the floor. (There are also chairs, if you'd prefer.)

[lllcville@gmail.com](mailto:lllcville@gmail.com), <http://lllcville.blogspot.com/2009/02/welcome.html>, [www.commongroundcville.org](http://www.commongroundcville.org)

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**Birth Sisters of Charlottesville** - [admin@birthsisterscville.org](mailto:admin@birthsisterscville.org) or [www.birthsisterscville.org](http://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

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**The Women's Initiative** – (434) 872-0047, [www.thewomensinitiative.org](http://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.

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**Nearby Baby** – [www.nearbybaby.org](http://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](http://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](http://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.

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**Postpartum Support International**

Call or Text our Helpline

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

[www.postpartum.net](http://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.