

February 2024 - Parenthood Connections

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
			1 Welcome to Motherhood 10:30am - 12pm, In Person Sentara Martha Jefferson	2	3 / 4
5 La Leche League of C'ville Breastfeeding Support Group 7pm Zoom - please email for the link: LLLCville@gmail.com	6 Brown Baby Bump Love Bath 9 - 9:15pm, Birth Sisters Zoom	7 Toddler Time - Playtime, ages 1-3 10:30am - 11:30am, Comm Ed Rm Sentara Martha Jefferson Open to all parents, kids age 1-3	8 Out of the Blues Postpartum Support 10:30am - 12pm, In Person Sentara Martha Jefferson	9 Support & Bodywork Clinic for pre-crawling babies CvilleBabyBodyWork 1pm - 5pm Community Rm Sentara Martha Jefferson	10 / 11
12	13 Welcome to Motherhood 10:30am - 12pm, Zoom Sentara Martha Jefferson Breast/Chestfeeding Workshop 6pm at 1010 Preston Ave Birth Sisters & Tikara Cannon Brown Baby Bump Love Bath 9 - 9:15pm, Birth Sisters, Zoom	14 Toddler Time - Play time 10:30am - 11:30am, Comm Ed Rm Sentara Martha Jefferson Open to all parents, kids age 1-3	15 Welcome to Motherhood 10:30am - 12pm, In Person Sentara Martha Jefferson	16	17/18
19 Women In Motion Core & Pelvic Floor 11:30am - 12:30pm	20 Brown Baby Bump Love Bath 9 - 9:15pm, Birth Sisters, Zoom	21 Toddler Time - Play time 10:30am - 11:30am, Comm Ed Rm Sentara Martha Jefferson Open to all parents, kids age 1-3	22 Out of the Blues Postpartum Support 10:30am - 12pm, In Person Sentara Martha Jefferson	23 Nap Chat: Sleep Q&A Sleep Coach Allison Egidi 12pm on Facebook and IG	24/25
26	27 Welcome to Motherhood 10:30am - 12pm, Zoom Sentara Martha Jefferson Brown Baby Bump Love Bath 9 - 9:15pm, Birth Sisters, Zoom	28 Toddler Time - Play time 10:30am - 11:30am, Comm Ed Rm Sentara Martha Jefferson Open to all parents, kids age 1-3 Lactation Nation - Birth Sisters Baby Feeding Support Group for BIPOC Moms, 6:30 - 8:00 pm Zoom & In-person. 1010 Preston Parent Support for Survival For Moms & Dads 7:30 - 8:30pm Sentara Martha Jefferson (Zoom)	29		

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

Additional Resources

Sentara Martha Jefferson – www.facebook.com/groups/mjmotherhood or email: lesalvat@sentara.com

Welcome To Motherhood - 1st & 3rd Thursdays 10:30am –12pm in person. 2nd & 4th Tuesdays on Zoom. 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 & 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. Focus 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.”

Toddler Time - Every Wednesday 10:30am - 11:30 am

This is a weekly parent/toddler gathering event, guided by local parents in need of a common, safe, climate-controlled space.

La Leche League of C’ville - 1st Monday of the month, 7pm on Zoom. Please email: LLLcville@gmail.com for the link.

LLL meetings are very informal, a chance to chat about whatever is going on with you, your baby, & breastfeeding. Bring your questions, share your experiences, find a supportive, inclusive community. lllcville@gmail.com, <http://lllcville.blogspot.com/2009/02/welcome.html>

Nap Chat: Sleep Q&A with Sleep Coach Allison Egidi on Facebook and IG

LIVE sleep Q&A with Allison Egidi, a certified pediatric sleep consultant. Visit FB: @SleepandWellnessCoach

Women In Motion Core & Pelvic Floor - 3rd Monday of the month, 11:30am - 12:30pm on Zoom

To join Email: PTinfo@WomenInMotionPT.com or join directly via the Facebook group

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. 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. To register for Love Bath please visit: www.birthsisterscville.org,

It’s Only Natural (But Not Easy), Breast/Chest Feeding Workshop - 2nd Tuesday of the month, 6pm at Preston Avenue.

A great opportunity to reach out to expecting and new moms in our community & give them the useful tips and information they need from a breastfeeding expert & help them find support in their community. Attendees will also have the opportunity to get advice from, share stories and build relationships with each other. Please register ahead by emailing admin@birthsisterscville.org.

Lactation Nation Support Group - 4th Wednesday of the month, 6:30pm - 8:30 pm . Zoom & In Person at 1010 Preston Avenue. To register please email: admin@birthsisterscville.org

CvilleBabyBodyWork - 2nd Friday of the month, 1- 5pm, Sentara Martha Jefferson Community Room. Free Clinic for bodywork for precrawling babies every 4th Friday of the month at Martha Jefferson Hospital, 595 Martha Jefferson Dr. Charlottesville, VA 22911, The Community Education Room, 3rd floor. We offer a wide variety of bodywork babies, including physical therapy, craniosacral therapy, zero balancing, movement therapy, functional Bowen work, stretches, assessment, working with the birth story, and empowering parents with skills to be with their babies. cvillebabybodywork.org .

The Women’s Initiative - (434) 872-0047, www.thewomensinitiative.org. The Women’s Initiative offers a variety of support & therapeutic resources including free Walk-In Wellness Consultations & 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, & referral services.

Postpartum Support of Virginia

www.postpartumva.org

Warmline 703-829-7152 Text: 540-698-1277

Mensaje de Texto: 757-550-4234

warmline@postpartumva.org

Call/text/email to connect with a volunteer who can provide information about perinatal mood and anxiety disorders, support and encouragement, and local resources.

Additional PSVa resources include: *Social Support Groups (virtual and in-person) *Care Coordination (referrals for mental health providers and other resources) *Shelane’s Fund (financial assistance for mental health resources) *Peer Mentor Program (peer to peer matching program with a volunteer who has lived experience of a perinatal mood and/or anxiety disorder).

If you are experiencing a crisis or need immediate support, please contact the National Maternal Mental Health Hotline.

National Maternal Mental Health Hotline 1-833-TLC-MAMA (1-833-852-6262)

24/7, free, confidential support before, during, or after pregnancy.

The Hotline provides *Phone or text access to professional counselors *Real-time support and information *Response within a few minutes, 24 hours a day, 7 days a week *Resources *Referrals to local and telehealth providers and support groups *Culturally sensitive support *Counselors who speak English and Spanish *Interpreter services in 60 languages