

February 2025 - Parenthood Connections

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
3	4	5 Toddler Time - Playtime 10:30am - 11:30am, Comm Ed Rm Sentara Martha Jefferson Open to all parents, kids age 1-3 Mini Mom Chat with Mother Tree Wellness Topic: Window of Tolerance 12 - 12:30 pm, Zoom Prenatal Mindfulness Meditation at Kindred Cville 5 - 5:45pm	6 Welcome to Motherhood 10:30am - 12pm, In Person Sentara Martha Jefferson	7 La Leche League of C'ville Breastfeeding Support Group 10am, Westminster Church 400 Rugby Rd Meditation for Mamas at Kindred Cville 4:30 - 5:15pm	8 / 9
10 La Leche League of C'ville Breastfeeding Support Group 7:15pm Zoom - please email for the link: LLLCville@gmail.com	11 Welcome to Motherhood 10:30am - 12pm, Zoom Sentara Martha Jefferson Brown Baby Bump Love Bath 9 - 9:15pm, Birth Sisters, Zoom	12 Toddler Time - Play time 10:30am - 11:30am, Comm Ed Rm Sentara Martha Jefferson Open to all parents, kids age 1-3 Parent Support for Survival For Moms & Dads 7:30 - 8:30pm Sentara Martha Jefferson (Zoom) Prenatal Mindfulness Meditation at Kindred Cville 5 - 5:45pm	13 Out of the Blues Postpartum Support 10:30am - 12pm, In Person Sentara Martha Jefferson	14 Social Emotional Story Hour with Dee Keller, LPC Shenanigans Toy Store 10:30 - 11:30am 601 W. Main Street (great for ages 0-6) Follow @sunnysideville on Instagram or Facebook for details Self-love Meditation at Kindred Cville 4:30 - 5:15pm	Sunday Feb 16 Reflective Parenting Group 3:30 - 5pm, 1015 East Market St Our Neighborhood Child Development Center Children welcome, No sign up required
17 Women In Motion Core & Pelvic Floor Topics vary each month 11:30am - 12:30pm, Zoom PTinfo@WomenInMotion.com Check out FB group	18 Brown Baby Bump Love Bath 9 - 9:15pm, Birth Sisters, Zoom	19 Toddler Time - Play time 10:30am - 11:30am, Comm Ed Rm Sentara Martha Jefferson Open to all parents, kids age 1-3	20 Welcome to Motherhood 10:30am - 12pm, In Person Sentara Martha Jefferson	21 La Leche League of C'ville Breastfeeding Support Group 10am, Westminster Church 400 Rugby Rd Nap Chat: Sleep Q&A Sleep Coach Allison Egidi 12pm on Facebook and IG	22 / 23
24	25 Welcome to Motherhood 10:30am - 12pm, Zoom Sentara Martha Jefferson Brown Baby Bump Love Bath 9 - 9:15pm, Birth Sisters, Zoom	26 Toddler Time - Play time 10:30am - 11:30am, Comm Ed Rm Sentara Martha Jefferson Open to all parents, kids age 1-3 Prenatal Mindfulness Meditation at Kindred Cville 5 - 5:45pm	27 Out of the Blues Postpartum Support 10:30am - 12pm, In Person Sentara Martha Jefferson	28 Meditation for Mamas at Kindred Cville 4:30 - 5:15pm	March 1 / 2

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

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 to play & connect.

La Leche League of C’ville – 1st Monday of the month, 7:15 pm on Zoom. Please email: LLCville@gmail.com for the link.

1st & 3rd Fridays of month at 10am at Westminster Church, 400 Rugby Road.

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. llcville@gmail.com, <https://llcville.blogspot.com/>

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

Kindred Cville ~ Free Guided Meditation Classes ~ 501 Faulconer Drive, Suite 1A

Join Alicia Henry at Kindred Cville for a series of free guided meditation classes designed to support you through pregnancy, postpartum, & self-care. *Prenatal Mindfulness Meditation* helps expecting parents find calm amid change, reducing stress and promoting well-being. *Meditation for Mamas* offers a moment of stillness for postpartum parents navigating new challenges. On Valentine’s Day, *Self-Love Meditation* invites both prenatal and postpartum participants to cultivate self-compassion and connection. These sessions, part of Alicia’s final stage of the Science of Mindful Awareness (SOMA) meditation teacher training, are open to all levels—no experience needed. www.kindredcville.com

Birth Sisters of Charlottesville – To register please email: admin@birthsisterscville.org or visit 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.

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 & 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.

Our Neighborhood Child Development Center, 1015 East Market Street Cville, <https://ourneighborhood.community>

ONCDC is an early childhood education program for children 0-8 and a community resource for caregivers working to support and guide young children. We offer various groups throughout the month including an Anti-bias Parenting Group, a Reflective Parenting Support Group, Circle of Security Parenting groups & occasionally host EBB classes in conjunction with DoulaSands or other parenting groups.

Please email with any questions hello@oncdc.com & visit our website for more information.

Mother Tree Wellness Group ~ Mini Mom Chats – First Wednesday of the month, 12 – 12:30pm on Zoom

Topic for Feb. 5th – Exploring the Window of Tolerance Framework. To register please email: holly@mtwcoaching.com

These mini workshops are designed to offer words & frameworks to this season of life that can often feel messy and disorienting.

first 20 minutes will be a workshop format followed by a quick chat if you’d like to join in. www.motherswellnessgroup.com

Additional Resources

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