

March 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: Redefining Success & Productivity 12 - 12:30 pm, Zoom	6 Welcome to Motherhood 10:30am - 12pm, In Person Sentara Martha Jefferson Meditation for Mamas at Kindred Cville 12 - 1:00pm	7 La Leche League of C'ville Breastfeeding Support Group 10am, Sentara Community Health Stultz Studio, 920 East High St	8 / 9
10	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)	13 Out of the Blues Postpartum Support 10:30am - 12pm, In Person Sentara Martha Jefferson	14 Story Hour with Dee Keller, LPC Shenanigans Toy Store 10:30 - 11:30am 601 W. Main Street (great for ages 0-6) Follow @sunnysidecville on Instagram or Facebook for details	Sunday March 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, Sentara Community Health Stultz Studio, 920 East High St Nap Chat: Sleep Q&A Sleep Coach Allison Egidi 12pm on Facebook and IG	22 / 23 Saturday, 3/23 - Bumprize Carver Rec Center 10am - 1pm Massages, prizes birth, plan counseling, wellness activities, lactation support, health education and so much more. See below for more info. Saturday & Sunday "Pay what you can" at Kindred Cville 4:30 - 5:15pm
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 Parent Support for Survival For Moms & Dads 7:30 - 8:30pm Sentara Martha Jefferson (Zoom)	27 Out of the Blues Postpartum Support 10:30am - 12pm, In Person Sentara Martha Jefferson	28	29 / 20

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

Sentara Martha Jefferson

<https://sentaramjhmaternity.com/support-groups/>
for more information please email: lesalvat@sentara.com or
join www.facebook.com/groups/mjmotherhood

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 & experienced mothers with their babies to meet, share local support resources, encourage one another, reflect, and get questions answered about this season of life.

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 group is intended to adjust expectations & 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.

Bumprize - Saturday March 22nd 10am - 1pm - Carver Rec Center

If you or a loved one are pregnant or postpartum, come join us for free massages & prizes. Participate in birth plan counseling, blood pressure check, health education and healthy lifestyle counseling, lactation support, and wellness activities! There is free childcare and all are welcome. Scan the QR code to learn more and sign up for notifications for upcoming events.



La Leche League of C'ville - 1st Sunday at 2pm, Ashtanga Yoga in Belmont - 906 Monticello Rd, up the exterior steps to the second floor..

1st & 3rd Fridays 10am at Sentara Community Health Stultz Studio at 920 East High St (look for signs for Velocity Urgent Care at the corner of High and 10th st, across from Future Coffee).

LLL is a very casual playgroup-style meetup. Bring your questions, share your experiences, and find a supportive, inclusive community. Come solo, bring your baby, come late, pump--do whatever works for you. We look forward to seeing you soon!

Warmline: 434-214-0620, Email: lllcville@gmail.com,
<https://lllcville.blogspot.com/>

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 ~ 501 Faulconer Drive, Suite 1A ~www.kindredcville.com

Meditation for Mamas, Thursday, March 6 from 12 - 1PM

Join Alicia Henry in this session that offers a moment of stillness for postpartum parents navigating new challenges. 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.

"Pay What You Can" Weekend at KC, Saturday, March 22 & Sunday, March 23.

Prenatal and postpartum movement and community should be accessible to all. Join us March 22-23 for classes at whatever price feels right for you—minimum cost is \$1.00. Come move, breathe, and connect in a space designed to support you, no matter where you are in your journey.

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](https://www.facebook.com/SleepandWellnessCoach)

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 St.

<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 such as Anti-bias Parenting, Reflective Parenting Support Group, Circle of Security Parenting Group.

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 March 5th- Redefining Success & Productivity

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.mothersreewellnessgroup.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