

# April 2025 - Parenthood Connections

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
	1  <b>Brown Baby Bump Love Bath</b> 9 - 9:15pm, Birth Sisters, Zoom	2 <b>Toddler Time</b> - Playtime 10:30am - 11:30am, Comm Ed Rm Sentara Martha Jefferson Open to all parents, kids age 1-3	3 <b>Welcome to Motherhood</b> 10:30am - 12pm, In Person Sentara Martha Jefferson	4 <b>La Leche League of C'ville Breastfeeding Support Group</b> 10am, Sentara Community Health Stultz Studio, 920 East High St	Sunday, April 6 <b>La Leche League of C'ville Breastfeeding Support Group</b> 2pm, Ashtanga Yoga 906 Belmont Rd (Meets after mom-baby yoga)
7	8 <b>Welcome to Motherhood</b> 10:30am - 12pm, Zoom Sentara Martha Jefferson  <b>Brown Baby Bump Love Bath</b> 9 - 9:15pm, Birth Sisters, Zoom	9 <b>Toddler Time</b> - Play time 10:30am - 11:30am, Comm Ed Rm Sentara Martha Jefferson Open to all parents, kids age 1-3  <b>Parent Support for Survival For Moms &amp; Dads</b> 7:30 - 8:30pm Sentara Martha Jefferson (Zoom)	10 <b>Out of the Blues Postpartum Support</b> 10:30am - 12pm, In Person Sentara Martha Jefferson	11 <b>Story Hour with Dee Keller, LPC</b> 10:30 - 11:30am Shenanigans Toy Store 601 W. Main Street (great for 3-6, all ages welcome) Follow @sunnysidecville on Instagram or Facebook for details  <b>Nap Chat: Sleep Q&amp;A</b> <b>Sleep Coach Allison Egidi</b> 12pm on Facebook and IG	Saturday, April 19 <b>Free Prenatal Yoga &amp; Wellness Activities</b> In Partnership with KindredCville & TomTom Carver Rec Center 10am - 12pm
14	15  <b>Brown Baby Bump Love Bath</b> 9 - 9:15pm, Birth Sisters, Zoom	16 <b>Toddler Time</b> - Play time 10:30am - 11:30am, Comm Ed Rm Sentara Martha Jefferson Open to all parents, kids age 1-3	17 <b>Welcome to Motherhood</b> 10:30am - 12pm, In Person Sentara Martha Jefferson	18 <b>La Leche League of C'ville Breastfeeding Support Group</b> 10am, Sentara Community Health Stultz Studio, 920 East High St	Sunday, April 20 <b>Reflective Parenting Group</b> 3:30 - 5pm, 1015 E. Market St Our Neighborhood Child Development Center Children welcome, No sign up required
21 <b>Women In Motion</b> Core & Pelvic Floor Topics vary each month 11:30am - 12:30pm, Zoom PTinfo@WomenInMotion.com Check out FB group	22 <b>Welcome to Motherhood</b> 10:30am - 12pm, Zoom Sentara Martha Jefferson  <b>Brown Baby Bump Love Bath</b> 9 - 9:15pm, Birth Sisters, Zoom	23 <b>Toddler Time</b> - Play time 10:30am - 11:30am, Comm Ed Rm Sentara Martha Jefferson Open to all parents, kids age 1-3  <b>Parent Support for Survival For Moms &amp; Dads</b> 7:30 - 8:30pm Sentara Martha Jefferson (Zoom)	24 <b>Out of the Blues Postpartum Support</b> 10:30am - 12pm, In Person Sentara Martha Jefferson	25	26 / 27
28	29  <b>Brown Baby Bump Love Bath</b> 9 - 9:15pm, Birth Sisters, Zoom	30 <b>Toddler Time</b> - Play time 10:30am - 11:30am, Comm Ed Rm Sentara Martha Jefferson Open to all parents, kids age 1-3	May 1 <b>Welcome to Motherhood</b> 10:30am - 12pm, In Person Sentara Martha Jefferson	2	Sunday, May 4 <b>La Leche League of C'ville Breastfeeding Support Group</b> 2pm, Ashtanga Yoga 906 Belmont Rd (Meets after mom-baby yoga)

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](mailto:lesalvat@sentara.com) or  
join [www.facebook.com/groups/mjmotherhood](https://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.

**Free Prenatal Yoga & Wellness Activities –**  
**Saturday, April 19 10am – 12pm – Carver Rec Center**

Kindred Cville & Yolonda Coles Jones are excited to offer the event at which participants will start their journey with a gentle and relaxing guided yoga session designed for pregnant or recently postpartum women. This can be a space to take a break from the hustle and bustle of prospective or new motherhood, to relax and be with their own bodies! After the yoga class, join Yolonda Coles Jones for guided reflection, connection and mindful breathing. Before leaving, participants will be given a goodie bag with pamphlets with key take-away information concerning reproductive health, nutrition, breast health and more! Not only will participants get a chance to relax, reflect, and engage in a space of wellness and self-care, they will leave with essential knowledge about how to make their pregnancy or postpartum journeys easier!

**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. We meet after a mom-baby yoga class that runs from 1–2pm.

**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](mailto:lllcville@gmail.com),  
<https://lllcville.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

**Birth Sisters of Charlottesville** – To register please email:

[admin@birthsisterscville.org](mailto:admin@birthsisterscville.org) or \_visit [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.

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](http://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](mailto:hello@oncdc.com) & visit our website for more information.

**Mother Tree Wellness Group ~ Mini Mom Chats – On Demand**  
**Topic for April- Revamping the To-Do List**

To register please email: [holly@mtwcoaching.com](mailto:holly@mtwcoaching.com). We will then send out the pre-recorded workshop. These mini workshops (20 minutes) are designed to offer shifts, ideas & frameworks to this season of life that can often feel messy and disorienting.. [www.movertreewellnessgroup.com](http://www.movertreewellnessgroup.com)

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

To join Email: [PTinfo@WomenInMotionPT.com](mailto:PTinfo@WomenInMotionPT.com) or join directly via the Facebook group

## Additional Resources

### Postpartum Support of Virginia

[www.postpartumva.org](http://www.postpartumva.org)  
Warmline 703-829-7152 Text: 540-698-1277 Mensaje de Texto: 757-550-4234  
[warmline@postpartumva.org](mailto: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