

# Group Details

STARTING DATE TBD  
WEEKLY (24 SESSIONS)  
60 MINUTES  
OPEN TO 10 MAMAS

MONTH 1: BUILDING COMMUNITY & COPING FOUNDATIONS

MONTH 2: EMOTIONAL AWARENESS & RELATIONSHIP DYNAMICS

MONTH 3: MANAGING ANXIETY & OVERCOMING NEGATIVE THINKING

MONTH 4: SELF-CARE & IDENTITY POSTPARTUM

MONTH 5: RESILIENCE & RECONNECTION

MONTH 6: LOOKING FORWARD & EMPOWERMENT

*"Postpartum Power Hour"* is a virtual support group for mothers navigating postpartum depression, anxiety and overwhelm. Each week, you'll connect with other moms, share experiences, and learn practical strategies to manage emotional challenges. Led by a therapist and mom of 3, the group focuses on building resilience, self-compassion, and well-being. With the convenience of telehealth, you can join from the comfort of home while finding support and tools to not only heal but to thrive in motherhood.

SIGN UP: 508-440-4832