

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, 7:15 pm on Zoom. Please email: LLLCville@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. 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](https://www.facebook.com/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,

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.

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 and 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 Nov. 9 Strategies for Partner Dynamics: 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.

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

www.movertreewellnessgroup.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