

October 2025- Parenthood Connections

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
		1 Toddler Time - Play time 10:30am - 11:30am, Comm Ed Rm Sentara Martha Jefferson Open to all parents, kids age 1-3	2 Welcome to Motherhood 10:30am - 12pm, In Person Sentara Martha Jefferson	3 La Leche League of C'ville Breastfeeding Support Group 10am, Sentara Community Health Stultz Studio, 920 East High St Kindred Meet Up: Working Moms 4:30pm, in person Pay what you can	Sunday, October 5 La Leche League of C'ville Breastfeeding Support Group 2pm, Ashtanga Yoga 906 Belmont Rd (Meets after mom-baby yoga) Kindred Meet Up: Baby & Beyond 11am, in person Pay what you can
6	7 Welcome to Motherhood 10:30am - 12pm, Zoom Sentara Martha Jefferson Brown Baby Bump Love Bath 9 - 9:15pm, Birth Sisters, Zoom	8 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)	9 Out of the Blues Postpartum Support 10:30am - 12pm, In Person Sentara Martha Jefferson	10	Sunday, Oct 12 Kindred Meet Up: Working Moms 11:00 am, in person Pay what you can
13	14 Brown Baby Bump Love Bath 9 - 9:15pm, Birth Sisters, Zoom	15 Toddler Time - Play time 10:30am - 11:30am, Comm Ed Rm Sentara Martha Jefferson Open to all parents, kids age 1-3	16 Welcome to Motherhood 10:30am - 12pm, In Person Sentara Martha Jefferson	17 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	Sunday, Oct. 19 Reflective Parenting Group 3:30 - 5pm, 1015 E. Market St Our Neighborhood Child Development Center Children welcome, No sign up required
20 Women In Motion Core & Pelvic Floor Topics vary each month 11:30am - 12:30pm, Zoom PTinfo@WomenInMotion.com Check out FB group	21 Welcome to Motherhood 10:30am - 12pm, Zoom Sentara Martha Jefferson Brown Baby Bump Love Bath 9 - 9:15pm, Birth Sisters, Zoom	22 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)	23 Out of the Blues Postpartum Support 10:30am - 12pm, In Person Sentara Martha Jefferson	24	Sunday, Oct. 26 Kindred Meet Up: Pit Crew For all support partners & dads 11am, in person Pay what you can Wellspring: nourishing monthly circle for Moms 4:45 - 6:00 pm, in person Pay what you can
27	28 Brown Baby Bump Love Bath 9 - 9:15pm, Birth Sisters, Zoom	29 Toddler Time - Play time 10:30am - 11:30am, Comm Ed Rm Sentara Martha Jefferson Open to all parents, kids age 1-3	30	31	

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.

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,
<https://lllcville.blogspot.com/>

Healthy Birth Healthy Baby Expo – Carver Rec Center, Saturday, Sept 27
<https://www.healthybirthhealthybaby.org/>

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

Story Hour with Dee Keller, LPC – Quartly starting in Jan 2026

Shenanigans Toy Store, 601 W. Main Street

Great for 3–6, all ages welcome

Follow @sunnysidecville on Instagram or Facebook for details

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 – www.kindredcville.com

501 Faulconer Drive, Suite 1A. Charlottesville, VA 22903

Kindred Cville Meet-Ups are warm, welcoming spaces to gather, exhale, and connect—especially during the tender seasons of pregnancy, postpartum, and parenting. Whether you're thriving or just holding it together, you're not alone here. Come as you are—share, listen, rest, and be held in community. Babies and kids are welcome!

Meet-ups happen once a month & are pay-what-you-can starting at \$5.

- **Baby & Beyond** – For all mothers/primary caregivers in any phase!
First Sunday of the month at 11am
- **Pit Crew Connection** – For all support partners and dads
Last Sunday of the month at 11am
- **Working Moms Meet-Up** – For mothers/primary caregiver navigating the workplace
Second Sunday of the month at 11am

Wellspring: a nourishing monthly circle for Moms –

connect@micaelaraine.com

Last Sunday of the month in person, Pay what you can

This gathering is designed to support mothers in their parenting and their lives. Each month, we’ll gather to explore what’s present and gently tend to what needs care through meaningful sharing and connecting, reflective journaling, mindfulness, and restorative group Reiki. We might also incorporate movement, singing, or whatever arises!

This warm and welcoming space for mamas in all stages of mothering meets in person with a pay-what-you-can contribution model to keep it accessible (\$5–\$25 suggested). Registration is necessary (but not a commitment) to get updates about logistics and location.

To sign up and/or learn more:<https://paperbell.me/micaela-raine>

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