

Rooted in Resilience Therapy Group

Pregnancy and Postpartum Support



If you are pregnant or have recently given birth and are persistently feeling sad, anxious and/or guilty, know that you are not alone!

Our virtual “Rooted in Resilience” psychotherapy and support group is open to any woman currently pregnant through one year postpartum. We go beyond just a support group, because each session is facilitated by a licensed therapist to provide guidance and instruction. Participants can expect to learn communication strategies, challenge anxious thoughts, examine attachment strategies and set proper boundaries with themselves and others. We will focus on self-care and relearning your identity with the added role of ‘parent’.

By joining this weekly therapy group, you can talk with an expert clinician, as well as others who understand what you are going through in a safe, non-judgmental space, and find the caring and encouraging support you need.

When

Visit pinerest.org/rooted to get exact dates and times.

Location

Virtual only.

Payment

Most insurance accepted.
Ask if you qualify for financial assistance.

Registration

No professional referrals required.
For more info or to join, contact facilitator Sarah DeYoung at the Northwest Clinic at **616.222.3720**.



pinerest.org/rooted