

# New Parent Support Program Navigating Postpartum Group

**Every Wednesday between Feb. 5 & Mar. 26, from 11:30am - 12:30pm.  
Classes are held virtually via Microsoft Teams.**

*Navigating Postpartum is an 8-week discussion and informational group, facilitated by Victoria Mans, LCSW, LCAS, CCS, USAJFKSWCS (A) POTFF Provider from Behavioral Health. Each week, a New Parent Support Program home visitor will be present to support Victoria and all participants. Participants will receive the Teams link for all sessions via email after registering. Topics covered in the group include but are not limited to: understanding PMADS, myths of motherhood, mom guilt and mom shame, rage in motherhood, the difference between self-care and self-soothing, setting boundaries, intrusive thoughts, changes in our bodies and relationships, the mental load, creating our village, and loneliness in motherhood. Materials including PowerPoint slides and "The Pregnancy and Postpartum Mood Workbook" will be provided to each participant.*



**For more information and to register,  
please call (910) 396-5521.**

# **New Parent Support Program Navigating Postpartum Group**

## **Class Topics, Dates, and Times**

**Session 1 - Introduction and understanding what are PMADS (Perinatal Mood and Anxiety Disorders).**

- February 5, 11:30am – 12:30pm

**Session 2 - Myths of motherhood and battling mom guilt and mom shame.**

- February 12, 11:30am – 12:30pm

**Session 3 - Rage in motherhood and how to cope. Difference between self-care and self-soothing.**

- February 19, 11:30am – 12:30pm

**Session 4 - Setting boundaries in motherhood with Family, friends, and significant others.**

- February 26, 11:30am – 12:30pm

**Session 5 - Understanding and working through Intrusive thoughts in motherhood.**

- March 5, 11:30am – 12:30pm

**Session 6 - Handling changes in our bodies and relationships. Working through the mental load.**

- March 12, 11:30am – 12:30pm

**Session 7 - Creating our village and addressing loneliness in motherhood.**

- March 19, 11:30am – 12:30pm

**Session 8 – Feedback and wrap up.**

- March 26, 11:30am – 12:30pm

Please contact the New Parent Support Program at *(910) 396-7951* for more details.

For any changes/updates, please visit our Facebook page at [Facebook.com/FortLibertyACSNPSP](https://www.facebook.com/FortLibertyACSNPSP)