

VIRTUE MEDICINE

Moms Supporting Moms Online Processing Group



Details:

Weekly on Saturdays via Zoom

10:00am to 11:30 am

Beginning May 23th 2020 with on-going enrollment

Cost: \$60.00 per session

To register for the group or for more information, contact us at 319-338-5190 or email jcartaya@virtuemedicine.com

This online group provides a safe and encouraging forum for moms of newborns, infants, and/or young children to engage in time of self-care and comradery amidst overwhelming and heart-filled experiences of being a mom, on top of a pandemic. The group will focus on providing support, nurturing, and above all a place for moms to discuss the real struggles, difficulties, and joys that come in being a mom who moms so hard! This group is designed to be inclusive of all experiences during motherhood, creating a non-judgmental, supportive, and confidential environment.

Topics May Include:

- **Adapting to changes in the major relationships from parenting and juggling responsibilities of caring for young children**
- **Exploring the on-going adjustments of professional work responsibilities, marital and/or relationship changes**
- **Meeting, balancing, and adjusting expectations of self, others, and society in how one “should be” as a mother**
- **Loss of freedom and shelving wants and goals**
- **Adaptive coping skills and self-care**
- **Healthy sexuality and examining cultural messages about female sexuality and being a mother**
- **Defining healthy boundaries in all types of relationships**
- **Remaining close to significant others and supportive relationships during physical distancing**

- Having fun, enjoying life, and rolling with the unpredictable nature of raising kid(s)
- Managing anxiety and worry regarding the well-being of self, supports, and children during the current pandemic
- Post-partum changes from hormones to re-learning your body
- Exploring the identity of what it means to be a “good mom” vs. a “bad mom” and an “enough mom”
- Addressing our experiences with our parents and roles of how we learned to be a mom from maternal figures as well as from society and our partners.
- Transitioning from being a “people pleaser” to being one who sets boundaries
- How being the “strong one” or the “responsible one” as women and how and why women develop these identities
- Taming the inner critic
- Processing grief and loss and/or sadness in multiple forms through motherhood.
- Sharing ideas and support
- Navigating breastfeeding and other ways of nurturing and providing for infants and young children while also trying to live your life
- Body acceptance and self-esteem
- Learn mindfulness meditation to soothe the body and mind in the few precious moments of rest.

This group is facilitated to inspire and provide an educational, dynamic, and uplifting experience for moms of newborns, infants, and young children. In the company of other moms, participants are encouraged to discover the full range of motherhood with compassion, humor, and meaning towards embracement of their full selves in all forms. Facilitated by Dr. Cartaya, the group will be virtual for the time being with a plan to reassess in the future.

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Beginning May 23rd 2020

New participants may join after the beginning date

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JoAnna Romero Cartaya, PhD

www.VirtueMedicine.com