

# VIRTUE MEDICINE

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## Life Within: Moms to Be Processing Group



### Details:

**Wednesday evenings via Zoom**

**7:00pm to 8:30pm**

**Beginning June 3<sup>rd</sup> 2020 with on-going enrollment**

**Cost: \$60.00 per session**

**For more information call 319-338-5190 or email [jcartaya@virtuemedicine.com](mailto:jcartaya@virtuemedicine.com)**

This online small group provides a safe and encouraging forum for women to connect their experiences and tap into their resiliency as pregnant women. The group will focus on providing support and caring for the unique experiences of pregnancy, especially during the current pandemic of COVID-19. This group is designed to be inclusive of all experiences during pregnancy, creating a non-judgmental, supportive, and confidential environment. We'll explore the changes and experiences of pregnancy and COVID-19 and how the life within sets the stage for a wide range of adjustments to identity, emotions, changes in relationships, and way of moving through life.

### Topics May Include:

- Adjusting to the changes of pregnancy during each trimester of pregnancy
- Recent changes in life including professional work responsibilities, marital or relationship changes
- Meeting, balancing, and adjusting expectations of self, others, and society in how one "should be" as a pregnant woman
- Exploring different adaptive coping skills
- The individual nature of healthy sexuality and examining cultural messages about female sexuality during pregnancy
- How pregnancy may impact relationships both personally and professionally
- Defining healthy boundaries in all types of relationships
- Remaining close to significant others and supportive relationships during physical distancing
- Anxiety or worry about pregnancy or pregnancy during the current pandemic

- Exploring the identity of becoming a mom from own experiences with our mothers or other maternal figures as well as society and partners expectations
- Self-care
- Transitioning from being a “people pleaser” to being one who sets boundaries
- How being the “strong one” or the “responsible one” as women is impacted by pregnancy and exploring how and why women develop these identities
- Taming the inner critic
- Processing grief and loss and/or sadness in multiple forms during pregnancy
- Sharing ideas and support throughout pregnancy
- Exploring the meaning and process of birth, labor, and meeting your new baby
- Processing plans, hopes, and wishes for the birth of the baby and labor and delivery
- Learn mindfulness meditation to soothe the body and mind throughout pregnancy.

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

### **Details:**

#### **Weekly Processing Moms to be Group**

**Wednesday evenings**

**7:00pm to 8:30pm or as determined by participants**

**Beginning June 3<sup>rd</sup>, 2020**

**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](mailto:jcartaya@virtuemedicine.com)**

**JoAnna Romero Cartaya, PhD**

[www.VirtueMedicine.com](http://www.VirtueMedicine.com)