



NURTURING GROUP SUPPORT FOR MOMS

A small and caring group for moms of newborns, babies, toddlers, and young children who are seeking support among the chaos and challenging moments of motherhood.

SATURDAYS IN NOVEMBER
ONLINE 10- 11:30 AM
\$150.00 INITIAL 60 MIN
INDIVIDUAL SESSION PRIOR TO
JOINING GROUP
\$45.00 PER GROUP SESSION



For more information call 319-338-5190 or email
jcartaya@virtuemedicine.com



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BECAUSE MOTHERHOOD IS HARD!

You are not alone - lots of moms have a tough time during pregnancy and/or after having a baby--and beyond. This group provides a safe space to talk through all motherhood experiences including: anxiety and depression, trauma from pregnancy or delivery, difficulty parenting and/or bonding, feeling overwhelmed and isolated, fears and worries, shifts in identity/professional roles, having more children--or no more children, balancing relationships and responsibilities--and all those messy and unfiltered moments. Join our close, connected, and empowered community of women. Nurturing to sustain ourselves is important: in group we'll learn and practice ways to soothe our minds and bodies in all the moments of early parenting.



Dr. JoAnna Romero Cartaya is a licensed psychologist and mom to an energetic toddler, who has specialty training in maternal mental health care and enjoys empowering women throughout the journey of motherhood.