wholehearted
HEALING COLLECTIVE

Pregnancy & Postpartum *Therapy Group*

A virtual therapy group focusing on managing mental health through pregnancy and beyond





TOPICS:

Navigating challenges through pregnancy and the postpartum period, including anxiety, depression, mood swings, family difficulties, postpartum depression, sleep difficulties, and postpartum adjustment.

WHO

NJ residents
at least 14 weeks pregnant
and or late / up to 2 yr postpartum

WHEN

Mondays | 1pm-2pm





*IN-NETWORK WITH MOST INSURANCES

CONTACT US

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