

New Moms Support Group



WITH ASHLEY VICARI, (SHE/HER), LPCC-S
TUESDAYS AT 12PM CST
TELEHEALTH



With 1 in 7 moms experiencing postpartum depression; about 6% of pregnant and 10% of postpartum women developing anxiety; and 3-5% of women experiencing symptoms of OCD after birth; maternal mental health is in desperate need of help. This educational and supportive group for mothers of newborns to 4 years old is designed to break pretenses of perfect parenting, provide foundational understandings of what true and authentic parenting looks like, and offer reassurance and encouragement to the incredible women who find themselves in this group.

\$50 per week

Register by emailing us at:
info@ashleyvicaricounseling.com
www.ashleyvicaricounseling.com

