

Traumatic Birth Women's Support Group

via ZOOM



Traumatic Birth Women's Support Group Meeting via ZOOM Conferencing

Please come join this sacred group of women who are trying to understand, make sense of circumstances not in their control and gain "clarity" about 'what happened' during their birth experience. Many women do not get the birth they imagined, and/or complications develop during labor and delivery. Leaving women to feel disempowered, unsafe, confused, sad and unhappy after the birth of their baby. We come together to support and witness your story. \$45 per group meeting.

- ▶ **I help integrate the disappointment, worry, possible post-traumatic symptoms and sadness through guided visualizations and**

offer mindfulness tools to help soften the complicated feelings women experience after a bad or traumatic birth

- ▶ **We soften the feelings such as failure, guilt, sadness, and anger through self – compassion and community**
- ▶ **We light candles to honor your healing journey**

When:

Where: Via ZOOM

Time: 7:30-9:00 PM

Other: Please contact Dr. Ivy Margulies to ask any further questions and to sign up.

310.850.1330

drivylove@gmail.com