Psychotherapy & Healing Associates, Ltd.

(612) 296-3800 • Multiple Twin Cities Locations and Greater Minnesota
www.phawellness.com

BIRTH & POSTPARTUM MEDICAL EVENTS & INJURIES GROUP

An online group for parents whose birth didn't go the way they planned



THIS GROUP IS FOR:

Anyone who has given birth in the last three years and whose birth or recovery went far off their birth plan.

Maybe you're still healing from the birth, or a complication came later. Either way, you have a new baby to care for while you try to feel like yourself again. It can be hard to talk about, and the people closest to you may not get it.

THIS MAY BE FOR YOU IF YOU HAD:

- A C-section or hysterectomy
- Severe tearing, prolapse or other birth injury
- Hemorrhage, preeclampsia or eclampsia
- A prolapsed cord, or a forceps or vacuum delivery
- A long or difficult labor, or pain that wasn't managed
- A baby who went to the NICU
- Trouble nursing
- No one listening or helping during or after delivery

MORE THAN A SUPPORT GROUP. WE WILL:

- Learn skills to help you cope more comfortably
- Learn how to live with your postpartum body and your current reality
- Spend time with others who "get it"
- Regain hope of healing and finding your "new normal"

Call, Email or Scan the QR code to register:

info@phawellness.com (612) 296-3800

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