



About the Group

This is a clinically-focused group that blends a variety of clinical theories and practices to support an increased understanding of postpartum mood disorders, skill building, and self-integration. This group:

- Is a safe space for gestational parents to process and learn without the pressure of caretaking for others
- Utilizes a 8-week, module-style group therapy model that focuses on psychoeducation, skill-building, and concrete plans to support regaining a sense of control and confidence in managing your mental health and parenting
- Includes weekly topics such as: infant development, identifying stress and triggers, navigating relationships and sex, and building an understanding of your own personal history as it relates to your parenting. There will also be two sessions that will be tailored to the needs of each unique group based on what the participants need.

Who We Are

About Us

This clinically-focused group is co-facilitated by Megan Poor, LICSW and Kate Littlefield, LCMHC. Combined, Megan and Kate have over 2 decades of experience working in the mental health field in a variety settings with different populations. Both parents themselves, Megan and Kate bring a range of experience to supporting gestational parents who are struggling with mood related challenges after giving birth.

CONTACT US

Phone: (802) 598-4412

Email: postpartumgroupvt@gmail.com

HOW TO JOIN

Contact us directly via the email or phone number above.

Your medical or health provider can refer you by calling and coordinating an intake.



POSTPARTUM CLINICAL SUPPORT GROUP

*Weekly group therapy for
gestational parents struggling
with postpartum mood
challenges*

Pricing

This group was historically offered on a sliding scale fee model and will return to this model, but recently received a grant and the group will be offered at a free or significantly reduced cost through at least January 2021.

- We ask that participants attend all 8 sessions consecutively. This is an “open group” meaning participants may join at any point in a 8 week cycle. You may repeat the 8 week cycle at any time.
- This group was recently honored to receive funding by the State of Vermont through a grant and will be offered for **free** or significantly reduced cost through at least January 2021.
- There are no refunds or make-up dates for missed groups so that we can accurately offer start dates to referral sources and new participants. If a group is cancelled by the facilitators for any reason, a makeup date will be offered. Participants may repeat the 8-week cycle.

Our Mission

We strive to provide a safe, caring space for new parents diagnosed with PPMD to heal, find connection, and build the skills they need to feel confident in their parenting.

Postpartum mood challenges can leave parents feeling alone, isolated, and left with profound questions about their sense of self and belonging.
We're here to help.

FAQs

Q: Can I bring my baby?

A: *While the group is held virtually, babies are welcome to join.*

Q: Do I have to talk?

A: *Your level of participation is completely up to you. However, the more you actively participate, the more likely you will experience increased benefit from the 10 weeks of treatment.*

Q: Is this confidential?

A: *Yes. At the time of intake, all participants are asked to sign a confidentiality agreement. The group clinicians are bound by HIPPA laws.*



This is the only clinically-focused treatment group in the area for postpartum mood disorders.

Group Details

- Co-facilitated by Megan Poor, LICSW and Kate Littlefield, LCMHC
- 2 Cohorts: Tuesdays 8-9am and Wednesdays from 4:30-5:30
- Located virtually until further notice
- Group size ranges from 8-10 participants per cohort