

Stillbirth, Miscarriage & Infant Loss Empowerment

A Therapeutic Support Group for Moms

Losing a child is traumatic. Most people don't truly "get it" - they might understand in the moment, but in the weeks and months after, they want to know why you're not "over it" yet. That's where S.M.I.L.E. comes in! S.M.I.L.E. is a place where you can connect with other moms who "get it", where you can share your fears and frustrations in a safe place without judgment, and find support and understanding.



We'll be addressing topics such as:

Disenfranchised Grief

Relationship Challenges

Postpartum Depression

Postpartum Anxiety

Emotions

Body Image

Sex

Self-Care

Coping Skills

You are NOT alone!!!

Group meets virtually, day and time TBD based on what works for the group.

Registration required. For more information or to register, email or text:

Chana Johnson, LGPC, NCC at counselormft@gmail.com/ 443-529-8108

Cost- \$25 per session; Carefirst/ BCBS Accepted