

UNFILTERED  
THERAPY



*find yours*

ESTD. 2021

LOS AL

CALIF.

FREE GROUP

*support during  
postpartum*

A virtual 6 week group for mother's adjusting to the postpartum period. We will discuss and provide tools for transitioning to motherhood, managing symptoms of anxiety and depression, prioritizing self-care and stress management, and improving communication with partners and support systems.

No Cost.





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# unfiltered therapy

[unfilteredtherapy.com](http://unfilteredtherapy.com)

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