

Every Wednesday
for 10 weeks
6 pm to 7 pm

REFRESH
Psychotherapy

Expecting & Expressing



Starting
July 14th,
2021

Pregnancy can be both an emotional and isolating personal experience. This virtual psychotherapy group will give pregnant people a space to express their emotions about pregnancy without judgment. Each week will bring a new topic, everything from self-esteem to intimacy. This group will be a place to find support from one another and talk about the aspects of pregnancy that are not often discussed.

If interested, please contact jessy@refreshtherapynyc.com



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Hi! My name is Jessy Pucker and I am a Clinician at Refresh Psychotherapy. I am excited to announce that Refresh Psychotherapy will be launching **Expecting and Expressing**, a virtual psychotherapy group, starting July 14th, 2021. This group will happen from 6 to 7pm on Wednesdays. The group will run for ten weeks.

Pregnancy can be both an emotional and isolating personal experience. This group will give pregnant people a space to express their emotions about pregnancy without judgment. Each week will bring a new topic, everything from self-esteem to intimacy.

During our sessions we will be discussing both the emotional and physical effects of pregnancy, especially during the COVID19 pandemic, which is an added layer of stress. This group will focus on sharing experiences and processing new circumstances. This group will be a place for expectant mothers to find support from one another and talk about the aspects of pregnancy that are not often discussed.

If you are interested in joining this group, please email me at jessy@refreshtherapynyc.com so that we can set up a consultation and see if this group is a good fit for you!

Best,
Jessy Pucker