

THE FOURTH TRIMESTER

Postpartum Therapy Group

The Fourth Trimester, is a 12-week virtual therapy group for moms in the first year postpartum. this therapist-led group offers a supportive space to navigate the emotional transition into motherhood while building meaningful connections with other women who truly understand this season of life. Together, we'll explore topics such as postpartum anxiety and overwhelm, identity shifts, relationships, self-compassion, and finding your confidence as a mother. Sessions will combine psychoeducation, interpersonal processing, and practical coping skills to help you feel more supported, connected, and empowered. Most importantly, this group is an opportunity to build the village every new mom deserves—because you were never meant to navigate postpartum alone.

Beginning in late September 2026. Time: TBD

Participants must reside in NY, NJ or a PSYPACT state

**Is this group for you?
You might benefit if you're...**

- ✓ **Feeling overwhelmed by the transition to motherhood**
- ✓ **Looking for support from other moms who understand**
- ✓ **Navigating anxiety, perfectionism, or self-doubt**
- ✓ **Adjusting to changes in your identity or relationships**
- ✓ **Wanting practical tools while caring for your own mental health**

Facilitated by

Dr. Vanessa Vitiello, PsyD

Licensed Clinical Psychologist
Perinatal Mental Health Specialist
Registered Yoga Teacher (RYT 200)

Now Recruiting!

Scan the QR code to learn more
and join the interest list.



Investment: **\$75/session** or
\$900 total- payment plans available.
Superbills will be provided



✉ drvvitiello@gmail.com
☎ 646-854-9866
🌐 drvvitiello.com
📍 LiveGoodEnough