



AKOMA
COUNSELING CONCEPTS, LLC

Ebony Essence Interpersonal Psychotherapy Support Group

WE ARE NOW ACCEPTING CLIENTS FOR OUR EBONY ESSENCE INTERPERSONAL PSYCHOTHERAPY MOM SUPPORT GROUP. THIS INTERPERSONAL THERAPY SUPPORT GROUP IS BOTH AN EDUCATIONAL AND EMOTIONAL SPACE DESIGNED FOR AFRICAN AMERICAN MOTHERS WHO ARE PREGNANT AND UP TO ONE YEAR POSTPARTUM. GROUPS ARE SMALL IN SIZE AND ARE CLOSED ONCE A GROUP HAS STARTED, WHICH HELPS PROVIDE A SAFE AND THERAPEUTIC SPACE. INFANTS ONE YEAR AND YOUNGER ARE WELCOME TO GROUP SESSIONS. PARTICIPANTS TAKE PART IN A 8 WEEK PERINATAL MENTAL HEALTH CURRICULUM FEATURING INTERACTIVE EXERCISES, UTILIZING A HOLISTIC, INTERPERSONAL, AND COGNITIVE BEHAVIORAL THERAPY APPROACH. GROUPS WILL BE 90 MINUTES LONG FROM 2:30PM- 4:00PM ON SATURDAYS BEGINNING JANUARY 11, 2020. THE GROUPS ARE FACILITATED BY SHIVONNE ODOM, LCPC, LPC -AFRICAN AMERICAN PERINATAL MENTAL HEALTH EXPERT. EMAIL SHIVONNE@AKCCTHERAPY.COM TO SCHEDULE A FREE IN PERSON CONSULTATION SCREEN AND TO INQUIRE ABOUT GROUP THERAPY SESSION RATES.

**BEGINS SATURDAY, JANUARY 11, 2020
SILVER SPRING, MD**