

Support Group Descriptions | Ìyá Pittsburgh Project

Support Groups & Purpose

At this time, peer support groups will be held virtually using Google Meet for 60 minute long meetings. Ìyá Pittsburgh Project hosts three peer support groups that are facilitated by a Master's level perinatal social worker intern under supervision by a licensed clinical social worker. These support groups are NOT intended to diagnose, treat, or cure any physical or mental health concerns. Participants who need a level of physical or mental healthcare that is only provided by licensed healthcare providers will be referred out to those appropriate providers. Peer support groups are provided with the hopes that they will benefit participants in multiple positive ways. *Participants can:*

- gain a better understanding of personal goals and values within the context of peer support
- improve interpersonal relationships
- experience a sense of solidarity with other participants
- develop resolutions of the specific concerns that led to seeking out group support

Ìyá Pittsburgh Project currently hosts the following three peer support groups:

- **LGBTQ+ Parenting Support Group:** intended for LGBTQ+ parents from conception through their baby's first birthday.
 - This group is open to LGBTQ+ people of any ethnicity, spiritual path, or relationship status/family structure.
 - This group meets in cohorts of no more than 12 participants over the course of eight (8) weeks at a time.
 - Participants may join an additional cohort after their first one, if there is room.
 - This group is virtual only.
 - This group meets on Monday afternoons from 4:30 PM until 5:30 PM, during the following dates:
 - Cohort 1: Monday, January 13, 2025–March 3rd, 2025
 - Cohort 2: Monday, March 10th, 2025–April 28th, 2025
 - Cohort 3: Monday, May 5th–May 26th, 2025–June 9th–30th, 2025
 - Cohort 4: Monday, July 7th, 2025–August 25th, 2025
- **LGBTQ+ Abortion Support Group:** intended for LGBTQ+ people who are planning to have an abortion for any reason up to one (1) year post-abortion.
 - This group is open to LGBTQ+ people of any ethnicity, spiritual path, or relationship status/family structure.
 - This group meets in cohorts of no more than 12 participants over the course of eight (8) weeks at a time.
 - Participants may join an additional cohort after their first one, if there is room.
 - This group is virtual only.
 - This group meets on Wednesday evenings from 5:00 PM until 6:00 PM, during the following dates:
 - Cohort 1: Wednesday, January 15th, 2025–March 5th, 2025
 - Cohort 2: Wednesday, March 12th, 2025–April 30th, 2025
 - Cohort 3: Wednesday, May 7th, 2025–June 25th 2025
 - Cohort 4: Wednesday, July 2nd, 2025–August 20th, 2025
- **Homebirth Support Group:** intended for anyone planning a homebirth until one (1) year postpartum.
 - This group is not for processing trauma from a homebirth that did not go as planned or resulted in a poor outcome.
 - This group is open to anyone of any gender, sexuality, ethnicity, spiritual path, or relationship status/family structure.
 - This group will center the experiences of LGBTQ+ & BIPOC people.
 - This group will prioritise the participation of LGBTQ+ & BIPOC people.
 - This group is open for participants to join or leave at any time.
 - This group is virtual only.
 - This group meets on Wednesday afternoons from 3:30 PM until 4:30 PM, during the following dates:
 - January 15th, 2025–March 5th, March 19th–August 20th, 2025

Support Group Costs

For peer support groups that meet in cohorts over a period of eight (8) weeks, each cohort period has a suggested sliding scale cost of \$40-\$80 total. If \$40 is a barrier for participation, there are three (3) slots available for \$25 total for each cohort. A PayPal invoice will be sent to participants in the amount they agree to pay during registration. All fees are due before the first week.

For the Homebirth Support Group, there is no required or expected donation amount, but participants are encouraged to make donations in whatever amount and with whatever frequency they wish to do so.

I have read this Support Group Descriptions document, and:

_____ I understand the information provided in this Support Group Descriptions document. (initial or check)

_____ I have had an opportunity to ask questions about this Support Group Descriptions document. (initial or check)

Legal Name of Participant

Legal Name of Guardian if Participant is a minor

Signature of Participant or Guardian if Participant is a minor

Date Signed

This signed document must be emailed to socialservices@iyapittsburgh.org before the first week of group.