Not feeling like yourself after having a baby?

Feeling stressed? Need support? You are not alone.

Bring your baby and join the After Baby Support Group

**When?** Every Thursday from 10:00 am -12:00 pm (starts March 8th)

**Where?** The Barrie Public Library (Angus Room)

**Who?** Any parent with a baby 0-12 months of age

- Meet other new moms experiencing mood changes after birth of baby
- Discuss relationships, difficult emotions and how to take care of yourself
- Build coping strategies

For more information or to register call and leave a message with:

Georgian Nurse Practitioner Led Clinic:  (705)-722-1581 (Amber)
Barrie and Community Family Health Team:  705-726-4225 extension 2611 or 2612