Need support? You are not alone.

After Baby Group
For parents with mood changes after baby

- This group provides a safe space to meet other new parents who are also experiencing mood changes and creates a circle of support.
- Education surrounding the various mood disorders, exploring the signs and symptoms
- Understanding of one's imbalances through use of our medicine wheel and support in developing a wellness framework.
- Development of a wellness model to further support your relationships and assist in coping through difficult emotions
- Development of coping strategies and furthering your understanding of the importance of self-care, development of self-care strategies.

The group will run at Chigamik Community Health Centre every Tuesday for 7 weeks 5-6:30 starting October 15TH, 2019, at 845 King Street. Unit 10 Midland. For more information or to register please contact Melissa Maidment, Indigenous Perinatal Mental Health worker at Chigamik @ 705-527-4154 x 232.

Possible child monitoring available for walking children

Baby can be carried in arms