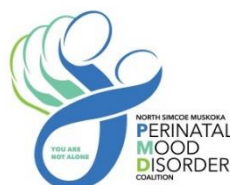


# Need support? You are not alone.

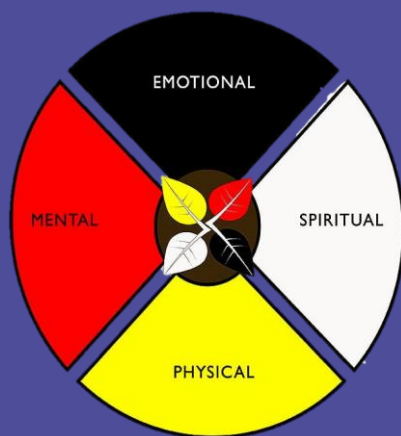


Centre de santé communautaire  
**CHIGAMIK**  
Community Health Centre  
La place du peuple – The Peoples' Place



## 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 15<sup>TH</sup>, 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*