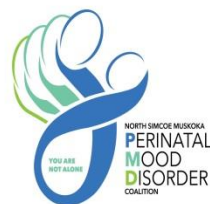


Need support? You are not alone.



After Baby Group

For parents with mood changes after baby is born

A series of 6 weekly sessions,
available throughout the year, by registration.

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



This group is held at the Georgian Bay Family Health Team –

186 Erie St., Collingwood

For more information and/or to register please call: 705-444-5885, ext. 200