Need support? You are not alone.

Soldiers' MEMORIAL HOSPITAL Orillia

Canadian Mental Health Association Muskoka - Parry Sound | Addictions and Mental Health Services

NORTH SIMCOE MUSKOKA PERINATAL MOOD DISORDER COALITION

EarlyON Child and Family Centre

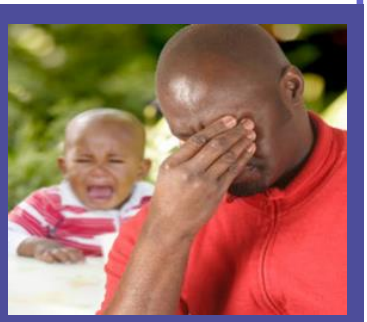
After Baby Group

For parents with mood changes after baby

7 weekly sessions, Fridays from 9:30-11:00 am

February 21st – April 3rd

- **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**



The group will run at the EarlyON Child and Family Centre at Bethel Church Huntsville – 35 Silverwood Drive. For more information or to register please contact Laura Barber at 705-645-2262 ext.1244

Limited child monitoring available for walking children