

Need support? You are not alone.



After Baby Group

For parents with mood changes after baby

An 8 week registered group available several times throughout the year.

- 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 356 King St, Midland. For more information or to register please contact Kelly Morris at North Simcoe Family Health Team @ 705-526-7804 x 220.

Limited child monitoring available for walking children