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 Orillia Native Women’s Group, every Thursday 10:30am-12:00pm (light lunch included), for 7 weeks, starting October 24th, 2019. For more information or to register please contact Erin Heslop 1-416-433-1458

*child monitoring available for walking children*

*Baby can be carried in arms*