Need support? You are not alone.













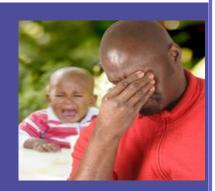


After Baby Group

For parents with mood changes after baby

Every Tuesday afternoon from 1:00-3:00 pm

- 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 129 Ferris Lane in

Limited child monitoring available for walking children. To register your child/ren for child monitoring please call the EarlyON Centre by Monday at noon and leave a message @ 705-792-7878