

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 80 Colborne St W, Orillia. For more information or to register please contact Jaime Charlebois at Orillia Soldiers' Memorial Hospital @ 705-325-2201 x 3544.

Limited child monitoring available for walking children