

postnatal education  
workshops

# COPING WITH CHANGE

*Now that baby is here, do you think you should be feeling happier than you do?*

*Do you feel depressed, angry, lonely... or that things aren't how you thought they'd be?*

Coping with Change is a group where new parents can talk openly and honestly about the wide range of feelings that come when a baby joins their lives.

Meet other parents, share experiences...  
*and learn that you are not alone.*



*Registration is required. To register  
or for more information contact:*

204-947-2422 ext. 113  
1-866-947-1517

419 Graham Avenue  
Winnipeg, MB R3C 0M3

mothersprogram@womenshealthclinic.org

[www.womenshealthclinic.org](http://www.womenshealthclinic.org)



women's  
health clinic