

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.


Monday Afternoons


May 29th - June 26th • 1:30 - 3:00 pm

Seven Oaks Health & Social Services Centre
(Unit 3 - 1050 Leila Ave.)



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

 204-938-5600

 Unit 3 - 1050 Leila Ave.
Winnipeg, MB R2p 1W6

www.womenshealthclinic.org



women's
health clinic

In partnership
with:



Winnipeg Regional
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À l'écoute de notre santé