

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


September 11th - October 9th • 1:30 - 3:00pm

ACCESS Fort Garry (135 Plaza Dr.)



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

 204-390-2872

 135 Plaza Dr.
Winnipeg, MB R3T 5K8

 mperron@wrha.mb.ca

www.womenshealthclinic.org



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