

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 you are not alone.



Mondays (September 18th - October 30th) *No group on October 9th
1:30 - 3:00 pm • Birth Centre • 603 St. Mary's Rd

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

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

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women's
health clinic