

# 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.***



**Monday Afternoons • 1:30 - 3:00 pm**

March 4<sup>th</sup> - April 1<sup>st</sup> • 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