

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 | 1:30-3pm

September 23rd - November 4th
(No session October 14th for Thanksgiving)

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

🌐 Register online:
cwcsep19.eventbrite.com

✉ mothersprogram@womenshealthclinic.org

www.womenshealthclinic.org



women's
health clinic