

Need support? You are not alone.



**Canadian Mental
Health Association**
Muskoka - Parry Sound

Addictions and
Mental Health Services



After Baby Group

For parents with mood changes after baby

8 weekly sessions, Fridays from 9:30-11:00 am

Online session beginning May 1

- **Meet other new parents experiencing mood changes after birth of baby**
- **Discuss relationships, difficult emotions and how to take care of yourself**
- **Build coping skills**



The group will run online due to Covid-19. For more information or to register please contact Laura Barber at 705-645-2262 ext.1244.