



A free 8-week virtual group for Moms of infants up to 12 months of age, who may be struggling with baby blues, postpartum depression, or just struggling to cope with the demands of transitioning into motherhood.

Topics include:

- Processing your birth story
- Postpartum body image
- Baby blues VS PPD
- Feeding, sleep & routines
- Relationships
- Expectations
- & Loss

Open to patients of the Chatham-Kent Family Health Team.

Group will be held virtually online

Contact Brenda to sign up @ 519-354-2172 ext. 3