

Maternal Health and Wellness - Postnatal Education Workshop

# COPING WITH CHANGE

*Prenatal classes prepare you for birth.*

*Postnatal classes prepare you for all of the changes when a baby enters your life.*



## Thursdays

(5 sessions)

10am—12pm

Starting October 26th

Network 4 Change

92 Third Street South

Beausejour, Manitoba

Child minding available

*“Coping with Change” speaks to the difficult transition mothers experience and*

*gives them a chance to voice their own realities of mothering.*

*Please register by phone: (limited enrollment)*

*Liane – Towards Flourishing*

*Interlake Eastern Health Authority*

*1-204-785-7533*

***Only first name required to register***



*Coping with Change Interlake Eastern*

