
COPING WITH CHANGE

Postnatal Mental Health, Wellness, and Education Groups

Are you looking for connection? A space to share your experience of transitioning into parenthood?

Have you felt depressed, anxious, irritable, lonely or that parenthood hasn't been what you expected?

Coping with Change groups provide an opportunity for parents with children under the age of 1 to talk about their experiences and the wide range of emotions that come with the addition of a new baby.



Next Session:

Tuesdays at 1:30 – 3:30 pm

Starting May 24, 2022 for 5 weeks.
(May 24th, May 31st, June 7th, June 14th, June 21st)

Located virtually on Microsoft Teams

Register by May 17, 2022

Registrations are limited. Call early to secure your spot.

For registrations or questions, please call:

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Towards Flourishing
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