
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 Starting February 28th

Tuesdays at 1:00 – 3:00 pm

Starting February 28, 2023 for 5 weeks.
(Feb 28th, March 7th, March 14th, March 21st, March 28th)

Located virtually on Microsoft Teams

Please register by February 14, 2023

Registrations are limited. Call early to secure your spot.

For registrations or questions, please call:

Meagan Budge
Towards Flourishing
Interlake-Eastern Regional Health Authority

Phone: 204-785-7533