
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: February - March 2024

Thursdays at 1:30 – 3:30 pm

Starting February 22, 2024 for 5 weeks.
(Feb 22nd, Feb 29th, March 7th, March 14th, March 21st)

To be held virtually on Microsoft Teams

Register by February 14, 2024

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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