



Transitioning to life with a new baby is a big job. And it's not easy for everyone. You are not alone if you feel stressed and overwhelmed!

Motherwise is a weekly support group for birthing parents who are struggling with mood in the post partum period. Join us for 8 weeks – Share your experience, connect with other birthing parents, and get the support you may need.

Baby Blues Not Going Away?

MOTHERWISE

Support Group

Co-facilitated by Erica Ortega & Lauren Andres

Dates and times:

Starting May 23 for 8 weeks

Wednesdays 1-3pm at Kootenay Family Place

Questions?

Lauren Andres, 778-460-5103

cpnp@kootenayfamilyplace.org
