



Do You Have a Child Under 2 Years?

Have you been feeling sad, overwhelmed or
“just not yourself” for more than 2 weeks
since your baby’s birth?

You may be experiencing Postpartum Mood Disorder. PMD affects 1 in 5 women after the birth of a child. You are not alone.

Research shows that having a support network can contribute to a faster recovery. The Oakville Parent-Child Centre in partnership with the Public Health Department is here to help and is offering a FREE Postpartum Peer Support Group. Childcare is available for children newborn to 5 years.

Join us for a break from the kids, good conversation, an understanding ear and up-to-date information about how you can feel better.

Date: **1st and 3rd Thursday of each month**
(starting September 17, 2009)

Time: **1:00 - 2:30 p.m.**

Location: **Oakville Parent-Child Centre**
461 North Service Road

Telephone: **905 849-6366**

Email: info@op-cc.ca

Please call Nikki Taylor at 905 849-6366 ext. 22 for more information or to register.



Oakville Parent-Child Centre
461 North Service Rd. W, Unit 17
Oakville, ON L6M 2V5
905 849-6366