



## 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?

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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:** **1<sup>st</sup> and 3<sup>rd</sup> 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](mailto:info@op-cc.ca)

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



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