

Adjusting to Parenthood Groups

Do you feel...

- Exhausted, overwhelmed, sad, irritable, or angry?
- Unsure of how to relate to your baby or toddler?



**Wondering if you have postpartum anxiety or depression?
You are not alone – we can help.**

Join us:

Burlington: 710 Cumberland Ave.
Second and fourth Wednesday of the month, 1-3 p.m.

Oakville: 461 North Service Rd W.
First and third Thursday of month, 1-3 p.m.

For more information visit halton.ca/newparents or call 311.