

Need support? You are not alone.



Excellent compassionate care...everyday



north simcoe  
family health team

# VIRTUAL After Baby Group

For parents with mood changes after baby

**Starting February 22, 2021**

**10:00am to 11:30am**

- Meet other new parents experiencing mood changes after birth of baby
- Discuss relationships, difficult emotions and how to take care of yourself
- Build coping skills



The group will run **VIRTUALLY** through the North Simcoe Family Health Team. For more information or to register please contact Kelly Morris at North Simcoe Family Health Team @ 705-526-7804 ext 220