

Postpartum Mental Health and Wellness

A group education program for moms with babies under 2 interested in improving their mental health



Learn to understand and cope with postpartum depression and anxiety from Nova Scotia Health professionals and meet others experiencing similar feelings

Here's what moms have said after attending:

- fantastic resource - highly recommend—makes you feel less alone - discussion is valuable and atmosphere very supportive - I was able to share things - Facilitators are super approachable - made it easier to talk about difficult topics***

8 week program includes:

Presentations, group discussions
& resources on topics including:

- * Causes & Contributions; Coping
- * Communication; Boundaries; Relationships
- * Nutrition, Exercise, Sleep, Time (to yourself)
- * Bonding with Baby
- * Returning to work; how to find ongoing support

**Next program at Family Matters - Annapolis
County Family Resource Centre**

NEW DATES

October 16 to November 27

Thursday mornings from 10am until noon

To register or learn more:

Phone or text: 902-848-6416

Email: avprogramregistration@nshealth.ca

**On-site childcare and assistance with
transportation costs available**

Mud Creek
Rotary
of Wolfville

