

Finding Our Way

Adjustments After Birth

A SUPPORT GROUP FOR WOMEN HAVING DIFFICULTIES WITH POSTPARTUM ADJUSTMENT.



Are you experiencing any of the following symptoms after the birth or adoption of a child ?

- Feeling worthless or guilty
- Feeling sad or helpless
- Poor concentration
- Difficulty sleeping
- Extreme fatigue or exhaustion
- Feeling angry or irritable

“Adjustments After Birth” can provide you with the support and resources to help you find your way.

This group is for mothers needing additional support after the birth or adoption of a child.

Share your experience in a safe and supportive environment and learn strategies to help you cope during this challenging time of adjustment.

Group is held weekly at the Caledon Parent-Child Centre/Ontario Early Years Centre. Group and child care are provided free of charge.



For more info about Adjustments After Birth at the Caledon Parent-Child Centre, scan the QR code above or visit http://cp-cc.org/Program_Descriptions.php

Registration is required. To register, call (905) 857-0090.

“If we don't take care of the mothers, they can't take care of their babies.”

~ Jeanne Watson Driscoll

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 Caledon
Parent-Child
Centre
Strengthening families
for a brighter tomorrow.

 **Region of Peel**
Working for you