

Come and Join Us

This 4-week course for new mothers and fathers will address issues and concerns that can come with the birth of a baby. Learn skills recovery from post-partum depression. A support group will be offered after the course to provide ongoing help to parents.

BABY And BLUES BETTER DAYS



September 10, 17, 24 & October 1, 2016

2:00 - 4:00 PM

Location: Cindy Klassen Recreation Complex
999 Sargent Ave - Room #2

Facilitators: Jennifer Hanslip & Kathy Rogozik



Mood Disorders
ASSOCIATION OF MANITOBA

Helping people
help themselves

SHOPPERS
DRUG MART



www.mooddordersmanitoba.ca

To register contact
Jennifer @ 204-250-3079 or
jenniferh@mooddordersmanitoba.ca