

## POSTPARTUM SUPPORT GROUP FOR NEW MOTHERS

(one session includes fathers)



Have you had a baby in  
the last 18 months?

Are you sometimes feeling  
overwhelmed or anxious?

Feel sad or helpless?

Having trouble getting  
enough sleep?

Free 8 week program starting soon.

### DATE

OCTOBER 8 TO NOVEMBER 19, 2015  
THURSDAYS: 1:30PM TO 3:00PM

### ADDRESS

St. John's United Church, 175 Waterloo St., Stratford, ON.

### DETAILS

\*Discussion \*Support \*Nia Dance  
\*Resources

Childcare also provided if needed.

### MORE INFO

For more information and to register contact:  
Karen James-Abra - 519-275-2187 ext 1  
karen@rekindledrelations.com  
or Leslie Switzer - 519-229-6344

### LEADERS

Karen James-Abra  
Leslie Switzer