



Are you a mom with a baby under two?...and experiencing some or all of the following....

- a lack of social supports or family close by?
- feelings of being overwhelmed?
- a high needs or colicky baby?
- panic attacks?
- depression or anxiety?

YOU ARE NOT ALONE!!!!

STORK'S SECRETS

Postpartum Adjustment: Recovery & Discovery

**Group offered:
Mondays
beginning September 21st,
2009
9:30 - 11:15 a.m.**

Free Infant and Sibling Programs available during the group.
Pre-register with Jennifer Jordan at Our Place **571-1626 Ext. 26**

Location:
Our Place, Family Resource & Early Years Centre, St. Francis School,
154 Gatewood Road, Kitchener
(entrance by the corner of Queen's Blvd. and Blueridge Ave.)

Join us at Our Place for Stork's Secrets, a **peer support group** for Mothers. You will have a chance to:

- Talk about your experiences with the challenges and changes in the Post Partum Period.
- Discuss coping strategies to help get through the difficult days.
- Learn about the importance of Self Care; do activities that encourage attachment with your baby; discuss parenting topics; talk about health issues for you and your baby.
- Meet other mothers, develop friendships and learn about other community programs.



CAPC of Waterloo Region



Where All People Are Welcome



Our Place
Family Resource and
Early Years Centre