

MOMS MATTER

Postpartum Support Group

Spring 2018

- April 3: Baby blues and postpartum depression
- April 10: Motherhood myths and expectations
- April 17: No group this week
- April 24: Meeting your baby's needs
- May 1: Gaining control over postpartum anxiety
- May 8: Self-care, sleep and long-term wellness
- May 15: Medications and treatment options
- May 22: Infant massage for gas and colic
- May 29: Partners and building your support system
- June 5: Crisis management
- June 12: Positive Parenting
- June 26: Mom and baby walk
(meet at Holy Trinity running track)

TUESDAYS 1:00-2:00 PM

THE HUB FAMILY RESOURCE CENTRE

6-118 Millennium Drive, Fort McMurray