Are you a mother with a new baby?

Are you finding it hard to cope with how your life has changed?

Do you feel alone, sad, anxious?

Is it hard to control your worries?

Are you struggling with how having a baby has changed your self-identity, sexuality or relationships?

Then consider joining

Not What I Expected

A 7 week group that offers you the opportunity to share your thoughts, feelings, and experiences, while learning from and supporting other mothers

FREE CHILD CARE PROVIDED

May 4 – June 22, 2015

(except Victoria Day)

1:00 p.m. – 3:00 p.m.

Registration is required

To register contact **Megan North**,
Peterborough Regional Health Centre
705-743-2121, ext. 2799

Peterborough Family Resource Centre

PRHC
Peterborough Regional Health Centre
by your side