

# Baby Blues AND Beyond



Department of Family Medicine  
Queen's Family Health Team

Life with a new baby is not always what you expect. Post-partum blues, or baby blues, are common.

If you are feeling:

- sad or tearful
- irritable
- overwhelmed
- anxious
- guilty or ashamed

***You are not alone!***



**Every  
Thursday  
2 - 3:30 pm**  
(starting Nov. 7, 2019)

**Open to the  
community.**

***Join our drop-in group***

to be with others also struggling, adjusting, and learning. Be part of the conversation, or just listen and be with fellow parents.

115 Clarence St.  
Haynes Hall (Basement Boardroom)

***Babies welcome!***

For more information, call 613-533-9300 and ask for Liz (Ext. 73822) or Jessica (Ext. 73929).