

# Baby Blues AND Beyond



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

*You are not alone!*

## *Six-Week Group Sessions*

Open to the community.

\*Registration is required.

115 Clarence St. (Haynes Hall)  
Seminar Room (First Floor)

*Babies in arms welcome!*

**Thursdays**

**2-3:30 pm**

Thurs., April 7,  
to Thurs., May 12, 2022

**Week 1.** Introductions and group share  
(as comfortable)

**Week 2.** Coping with feelings of isolation

**Week 3.** Myths and expectations of  
motherhood

**Week 4.** Who am I now?

**Week 5.** Self-care strategies

**Week 6.** Wrap-up and takeaways

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Please call **613-533-9300** to contact Liz  
(ext. 73822) or Jessica (ext. 73929) for more  
information and to register.