



NEW GROUP!

Babes in Arms Welcome!

No appointment needed; just drop in!

Every Thursday 2 – 3 p.m.

115 Clarence St. (Haynes Hall, Basement)

This group is facilitated by a QFHT registered nurse.

Please
contact Liz with
any questions about
the group.

hughstone@queensu.ca

613-533-9303
Ext 73822

Life with a new baby is often not what you expected.
Join the circle for an opportunity to connect with other moms.

Topics for discussion include, but are not limited to:

- Challenges of being a new mom
- Sharing your birth story
- Physical recovery
- Relationships
- Self care
- Finding yourself – “Who am I now?”
- Parenting
- Society's pressures
- Mother guilt