



No appointment needed; just drop in!

Every Thursday 1:30 – 3 p.m.

115 Clarence St. (Haynes Hall, Basement)

This group is facilitated by a QFHT registered nurse.

NEW GROUP!
Babes in Arms
Welcome!

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