

Postpartum Educational Series for Dads/Partners

Is your partner experiencing Depression, Anxiety, PTSD, since the arrival of the baby/ies?
Are you struggling with adjustments, as well as looking for strategies and support for your partner and your new family addition?

We are offering a 3 part series that will bring you strategies, tools and knowledge for navigating the early weeks and months that follow the addition of a new baby into your family.

When: November 9, 16 & 23

Time: 6:30 pm to 8:00 pm

Location: Mothercraft Ottawa

Facilitator: Susan Martensen

Babies under 12 months are welcome to join!

*Cet atelier est offert en
Anglais seulement*

**Registration
required:
613-728-1839
Ext.: 248**



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