

NEW DADS: PROVIDING POSTPARTUM SUPPORT DROP-IN

ARE YOU A NEW DAD?

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

You are not alone. The group provides a community of partners who are looking for ideas and common ground. This is also the chance to give your partner a break and for you to spend time with your baby in a great setting!

Come and join us!

WHEN: Every 2nd and 3rd Saturday of the month, from 9:30 am to 11:30 am

FACILITATOR:

Susan Martensen-BDT/PDT (DONA)

For further information please contact:

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Infants 12 months and under are welcome!

