

Mamas Supporting Mamas

Mon April 30 - Mon June 4 2018.

Gibsons Recreational Centre

700 Park Road Gibsons

9:00 am – 11:00 am

To Register or for more info:

Shirley French

sfrench@sccss.ca or 604 865 0158



Mamas Supporting Mamas offers pregnant and post partum women a safe and non-judgmental space to connect with other women experiencing the same transformative journey into motherhood. This 6-week group will address the challenges that arise when becoming a parent. Post natal depression and anxiety will be discussed and emotional support and valuable resources will be offered. These are facilitated conversations with weekly themes such as living with post natal depression and/or anxiety, redefining self, self-care, caring for and connecting with baby, perinatal loss and changes in relationships with family, friends and partners. **There is no cost to attend.** Tea/coffee and a light snack will be provided. Childcare is available upon request.