

Mamas Supporting Mamas

Tuesday Oct. 3rd- Tuesday Nov 7th

Sunshine Coast Community Services

5638 Inlet Ave. Sechelt

9:00am – 11:00am

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, 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.