

Being a mother can be overwhelming... There is help... **Postpartum Support Group** 

## The NEW GROUP will be beginning October 6, 2022

9 week program - once a week program child care and snacks provided

## **PRE-REGISTRATION REQUIRED**

by calling Joanne Simpson AHS – Addictions and Mental Health

## at 403-361-7277

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Strathmore Pregnancy Care Centre

Rural Calgary East Postpartum Support Group

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