



Being a mother
can be overwhelming...
There is help...

Postpartum Support Group

The NEW VIRTUAL GROUP
will be beginning

January 20, 2021

9 week program
once a week program "by Zoom"

PRE-REGISTRATION REQUIRED

by calling **Joanne Simpson** AHS – Addictions and Mental Health

at **403-361-7277**



Rural Calgary East Postpartum Support Group