



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**



Rural Calgary East Postpartum Support Group