

# Adjusting to Parenthood Groups

Do you feel...

- Exhausted, overwhelmed, sad, irritable, or angry?
- Unsure of how to relate to your baby or toddler?



**Wondering if you have postpartum anxiety or depression?  
You are not alone – we can help.**

**Join us:**

**Burlington:** 710 Cumberland Ave.  
Second and fourth Wednesday of the month, 1-3 p.m.

**Oakville:** 461 North Service Rd W.  
First and third Thursday of month, 1-3 p.m.

**For more information visit [halton.ca/newparents](http://halton.ca/newparents) or call 311.**