

Didsbury Postpartum Support Group

Have you had a child and are experiencing emotions such as sadness, anxiety, worry or anger? These could be signs that you are experiencing postpartum depression.

Alberta Health Services and Mountain View Parent Link Centre have collaborated to offer a support group for women living with these symptoms during pregnancy, after delivery and beyond.

The support group will run for 6 weeks

Mar 21, 28 April 4, 11, 18 and 25th, 2018

10:00am – 11:45am

Location: Zion Evangelical Missionary Church

Highway 582 and 20th Avenue, Didsbury

There is no fee for the group

and

childcare provided

*Childcare spaces may be limited

To register contact Didsbury Public Health at:

(403) 335-7292

