

Mom's First

*A group for mothers of infants wanting
to improve their mental health
and overall well being*

Dates: Tuesdays, October 27—Nov.24

Times: 1:30 to 3:00pm

Location: Melcor playroom. (Infants welcome)

Topics include:

- Self-care
- Coping with stress
- Physical health
- Mental health
- Growing your support network

*“It’s not selfish to love
yourself, take care of yourself,
and to make your happiness a
priority. It’s necessary” - Mandy Hale*



Registration: FREE and pre-interview required as part of the registration.

Register online at <http://www.famcentre.ca/program/> or call (403) 320-4232.

