

Peer Support for Postpartum Mood Disorder

Did you know?

- Postpartum Mood Disorder affects **1 in 5** women following the birth of a child
- Having a support network can contribute to a faster recovery
- You are not alone; help is available



Come and join other mothers for light refreshments, discussion and support in a relaxing environment

***Meetings: 2nd and 4th Wednesday afternoons of the month
Time: 1:00 to 3:00 PM***

Location: Burlington ROCK, 710 Cumberland Ave

Contact: 905-632-9377 for information and to register for child care



Halton Region
Dial 311 or 905-825-6000
Toll free 1-866-4HALTON (1-866-442-5866)
TTY 905-827-9833
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