

**SUPPORT FOR
MOMS
EXPERIENCING
POST PARTUM**



**Five Hills
Health Region**

Healthy People – Healthy Communities

Beyond the Blues Support Group

At least one out of five women experience postnatal depression. The Beyond the Blues Post Partum Depression Support Group can help break isolation and provide on-going support, validation and education to moms experiencing depression and anxiety.

The group meets Fridays from 10:00am to 12:00pm at the Fairview Family Center at 655 Fairford Street East.

It's free, no registration required, and childcare is provided.