



YOU ARE
NOT
ALONE.

THERE IS
HELP.

ARE YOU FEELING:

- Sad
- Angry
- Guilty
- Alone
- Worried
- Inadequate
- Irritable
- Overwhelmed
- Unable to cope
- Loss of self
- Desire to “run away”
- Exhausted
- Concerned about scary thoughts or images you may be having?

COME JOIN US

connect with other moms
who may be having a
similar experience during
pregnancy or after birth.

For dates and times of the group and
general information contact
Southwestern Public Health
519-631-9900 ext. 1400
facebook.com/ElginPostpartumSupport/

Elgin Perinatal Support Group
GROUP DROP-IN SESSIONS

Thursdays · 1:00-3:00 p.m.

St. Thomas Public Library,
Carnegie Room - Lower Level

Registration is not required.
CHILD MINDING IS PROVIDED



Brought to you by the Elgin PPMD Coalition