



Are you a mom with a baby under two?...and experiencing some or all of the following....

- depression or anxiety?
- panic attacks?
- feelings of being overwhelmed?
- a lack of feelings of attachment towards your baby
- a lack of social supports or family close by?

**YOU ARE NOT ALONE!!!!**

## STORK'S SECRETS

### *Postpartum Adjustment: Recovery & Discovery*

For program dates, visit  
our websites at:  
[mosaiconline.ca](http://mosaiconline.ca)  
[ourplacekw.ca](http://ourplacekw.ca)

Free Infant and Sibling Programs  
available during the group.  
Pre-register at Our Place:  
**519-571-1626 x 26**  
**Jennifer Jordan**

**Location:**  
**Our Place, Family Resource & Early  
Years Centre, St. Francis School,**  
154 Gatewood Road, Kitchener  
(entrance "B")

Join us at Our Place for Stork's Secrets, a **peer support group** for Mothers. You will have a chance to:

- Talk about your experiences with the challenges and changes in the Post Partum Period.
- Discuss coping strategies to help get through the difficult days.
- Learn about:
  - the importance of Self Care
  - parenting
  - health issues
  - building healthy relationships
- Meet other mothers who are experiencing the same feelings, develop friendships and learn about other community programs.

