

MORE THAN MAMAS



Having a baby brings about all kinds of changes - physically, emotionally, mentally, and socially -

More Than Mamas offers Moms of children aged 0-12 months a FREE virtual discussion based group setting that will explore these changes and how to cope with them while focusing on Mom.

Topics you could talk about may include:

- the birth experience
- the postpartum experience and the fourth trimester
- feeding and sleeping
- postpartum depression and anxiety vs. the baby blues
- how relationships change
- boundaries and Mom guilt
- baby/life balance
- body image
- self-care
- finding your new identity as a mom
- your expectations vs. the reality of having a baby
- ideas for when the day seems long

FREE 6 Week Online Program
Afternoon Sessions 1:30-3pm

Wednesday, Aug. 31, Sept. 7, 14, 21, 28 & Oct. 5



For more information or to register contact:

Olivia Acorn, oaacorn@pmh-mb.ca | 204-734-6684

Deadline to register is Tuesday, August 30, 2022.