

World Maternal Mental Health Day



Join us if you are a pregnant mom, a mom who is newly postpartum, or a mom with at least one baby under the age of 1.

TOPICS

- The Fourth Trimester
- Self-Care, Balance, Self-Esteem and Body Image
- Relationship Changes, Boundaries and Mom Guilt
- Identity and Expectations



Wednesday, May 6, 2026



Morning Session: 10:00-12:00pm
Afternoon Session: 1:30-3:30pm



Join us Virtually

REGISTER NOW



For more information contact
Olivia Acorn



204-734-6684



oacorn@pmh-mb.ca

<https://forms.office.com/r/L4CA9WUh06>