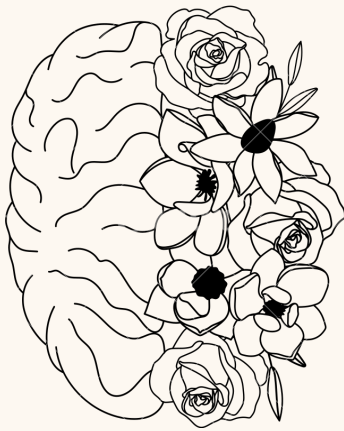


# Adjustments

## Postpartum Depression & Anxiety Group

For Pregnant & Postpartum Parenting Individuals with Mood  
Concerns (Babies up to 18 months)  
By Referral Only



- Do you have someone to talk to about your feelings?
- Do you have a history of depression or anxiety?
- Is sleep a problem for you?
- Are you worried all the time?
- Do you feel like you are coping?

If you are having troubles adjusting to being pregnant or to having a new baby this group may be a fit for you.

**Feelings of being overwhelmed, stressed out, snappy, tired, sad or worried are common in the postpartum period but for some this is an uncomfortable change.**

To be referred to this group please ask your public health nurse, doctor or midwife to assess your emotional wellbeing.

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**Every Wednesday**

Starting November 23, 2022

10:00AM - 11:30AM



Princess Royal Family Centre

80 Chapel St.  
Nanaimo, BC  
V9R 5H2

Public Health Intake: 250-755-3388  
Fax: 250-755-3369