



FREE POSTNATAL MENTAL HEALTH PHONE CONSULTATIONS

**Have you welcomed a baby into
your family within the last 2 years?**

One thing is certain: pregnancy and the birth of a child bring many changes.

It can be a time of joy & celebration.

It can also be a time of uncertainty & many questions.

**We are here to support you
if...**

- You want to talk about your postnatal experience
- You feel “blue” or sad
- You feel isolated
- You are looking for community supports related to postpartum or infant wellbeing

Contact us: wellnessoutreach@carizon.ca