



## 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](mailto:wellnessoutreach@carizon.ca)**