

PLEASE JOIN US FOR THE BARRIE
Virtual After Baby Group

For parents with anxiety & mood changes

You are not alone

- Discuss relationships, difficult emotions, & scary thoughts
- Build Coping skills & how to care for yourself after birth of a baby

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Thursday mornings at 9:30am
Meet other new parents from the
comfort of your home
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Contact Amber Sperling MSW RSW, PMH-C
for more information or to Register
705-722-1581
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