

# Adjusting to Parenthood (A2P) Groups

Do you feel...

- Exhausted, overwhelmed, lonely, sad, irritable, or angry?
- Unsure of how to relate to your baby or toddler?
- Challenged by adjusting to your new role as a parent?



**Do you wonder if you might have postpartum anxiety or depression?**

**You are not alone – we can help.**

**Join us:**

**Burlington:** 710 Cumberland Ave.  
Second and fourth Wednesday of the month, 1-3 p.m.

**Oakville:** 461 North Service Rd W.  
First and third Thursday of the month, 1-3 p.m.

**For more information visit [halton.ca/newparents](http://halton.ca/newparents) or call 311.**