

# A2P - Adjusting to Parenthood Groups

Do you feel...

- Exhausted, overwhelmed, angry, irritable, lonely, or sad?
- 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:** ROCK EarlyON Child & Family Centre, 710 Cumberland Ave.  
**Second and fourth Wednesday of the month, 1-3 p.m.**

**NEW  
LOCATION  
JAN 2019**

**Oakville:** OPCC EarlyON Child & Family Centre, 357 Bartos Dr.  
**Every Thursday, 1-3 p.m.**

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