



NORFOLK
FAMILY HEALTH TEAM

****NEW SESSION STARTS April 13, 2026****

After Baby Support Group

- **Mothers with young children or pregnant people?**
- **Are you feeling sad? Overwhelmed? Anxious?**
- **Join a community of other parents to learn more about mood changes after a baby and what can help**

WHEN:

Monday from 10:00am to 11:30am every week for 7 weeks starting April 13, 2026

****No class on Victoria Day, Monday May 18**

WHERE:

**Norfolk Family Health Team
185 Robinson Street, Simcoe ON
Harvest and Lake Room (Main Floor)**

TO REGISTER:

Call Amanda or Wendy at 519-582-2323 ext. 282 or ext. 248



**OPEN TO ALL PREGNANT PEOPLE OR
PARENTS OF CHILDREN 12 MONTHS
AND YOUNGER**