

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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