



## Moms Supporting Moms:

### Free Postpartum Peer Support Group

New moms know that the joys of motherhood can also be gift wrapped with symptoms of sleep deprivation and low energy levels.

Join us to share the experiences and challenges of being a new mom and learn how to cope and adjust to a new baby in your family.



Bramalea Civic Centre (BCC)  
150 Central Park Dr. Unit 101  
Brampton, Ontario  
Mondays: 1:00 p.m. to 3:00 p.m.

**To register please call Nerine at  
(905) 495-3430**

**Child-minding also available (conditions apply)**