

Are you a new parent looking for wellness support?

Enjoy Your Baby

FOR PARENTS OF A NEW BABY

Based on Cognitive Behavioural Therapy (CBT)

Enjoy Your Baby is a 5-session mental health and wellness course that provides the skills and resources you need as you navigate the postpartum stage.

For parents/caregivers of babies 0-12 months old.

You'll learn how to build your confidence as a parent, feel closer to your baby, manage low mood, stress and anxiety, and connect with other parents in a welcoming, community setting led by a certified facilitator.



Online or In-Person



10 hours total



5 weeks



Group-based

Each of the 5 sessions is designed to help you feel more supported and connected:

Session 1:

Understanding Your Feelings

Session 2:

Building Closeness With Your Baby

Session 3:

Doing Things That Make You Both Feel Better

Session 4:

Playing Thought Detective

Session 5:

Living Life to the Full With Your Baby

Get more info online
www.EnjoyYourBaby.ca



WHEN: Tuesday, Sept 1,8,15,22,29
1:30-3:30 PM

WHERE: Interior Community Services
396 Tranquille Road



Canadian Mental Health Association
British Columbia
Mental health for all

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SHOPPERS FOUNDATION
FOR WOMEN'S HEALTH



HOW: Register by contacting

Michelle at 250-554-3134

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