



## CHILLIWACK PERINATAL MENTAL HEALTH *Being Mom*

*A 10-week group for women experiencing problems with depression and anxiety in the perinatal period.*

Join other new or expecting mothers who are also interested in learning new coping skills and strategies during the transition to parenthood.

Over the 10 weekly sessions gain self-awareness and become more attuned to your behaviour, feelings and thoughts. Group members will share questions, concerns, and learn in a safe, therapeutic environment.

**Group will start via ZOOM**  
**Wednesday February 24th, 2021 to April 28th, 2021**  
**9:30am to 11:30am**  
**Weekly attendance is expected.**

There is no cost to attend the group, but clients will need to be registered.

If you are interested, please call or email Lise or Cristal to register before 5<sup>th</sup> February, 2021.

### FACILITATORS:

Lise McAlpine @ 604-702-4860 [lise.mcalpine@fraserhealth.ca](mailto:lise.mcalpine@fraserhealth.ca)

Cristal Biela @ 604-845-2406 [cristal.biela@gov.bc.ca](mailto:cristal.biela@gov.bc.ca)

Lana Hergott @ 604-701-4978, ext. 6021 [hergottl@comserv.bc.ca](mailto:hergottl@comserv.bc.ca)