

POSTPARTUM PEER SUPPORT GROUP

Virtual meeting on Zoom

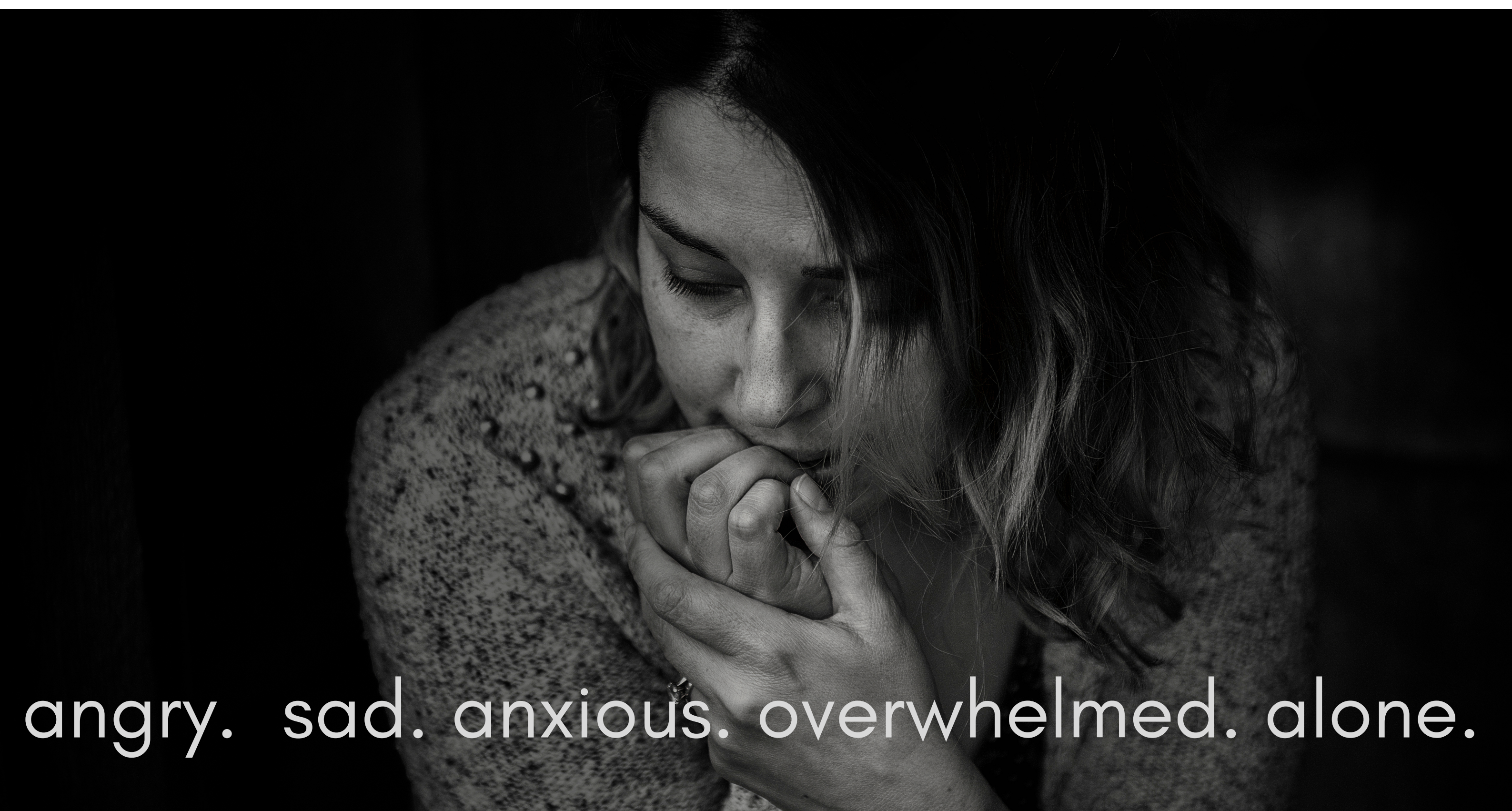
TUESDAYS 10:15 - 11:30

To join group and for more information and
resources visit:

www.hamiltonpostpartum.ca

Facebook – Hamilton Postpartum

Instagram @hamiltonpostpartum



angry. sad. anxious. overwhelmed. alone.