



Child and Family Centre

Transition to Parenting

These sessions are facilitated by Public Health Nurses who provide education and support to help families with the adjustment during pregnancy and after birth.

Topics Include:

- Parenting Expectations
- Healthy Relationships
- Communication
- Self-Esteem
- Perinatal Mood Disorder: Risk Factors, Symptoms
- Rest and Wellness
- Understanding Your Emotions
- Family Resilience
- Coping Strategies
- Self Care
- Mind and Body Connection
- Community Resources



Child minding and transportation assistance is available.

Call Health Connection to pre-register at

1-800-361-5653