



## Postpartum Support Program

### گروه حمایت مادران بعد از زایمان

Family Services of North Shore, in partnership with North Shore Multicultural Society, will provide 7 group sessions to support mothers of young children aged 0-3 years.

After the birth of a child, some women experience feelings of sadness or anxiety which can last for weeks or months.

The group will provide information and skills for mothers with babies and young children to encourage personal growth. Participants will have the opportunity to meet other women who are having similar experiences and build their support network.

#### To register contact:

Nazila Safari, [nazilas@nsms.ca](mailto:nazilas@nsms.ca) or 604.988.2931

*Child care and snacks will be provided.  
This program is government funded and free of charge.*



## Details

- There are 7 Friday sessions, beginning **September 22<sup>th</sup>**
- Childcare & snacks are provided
- Program will be presented in **Farsi**
- Take-home resources given at each session
- Program is **free of charge**

## Location

**John Braithwaite  
Community Centre**  
145 1<sup>st</sup> West Street  
North Vancouver

## Time & Dates

### Fridays

**9:30 am – 11:30 am**  
September 22, 29  
October 6, 13, 20, 27  
November 3

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