



Mama Bubble Group

*Facilitated by Hendrike Isert Bender, MSW, RSW
and Danielle Horst, RECE, Psychotherapy Intern*

Come join us!

*for a 4-week virtual group for
women who have given birth
during the COVID-19
pandemic*

Topics will include...

- *Postpartum and pandemic stressors*
- *Ambiguous Loss*
- *Self-care Strategies*
- *Maternal Mental Health
(baby blues, postnatal stress,
anxiety, and depression)*
- *Resources and Support*

Thursdays: 1:30-2:30

Dates:

April 8

April 15

April 22

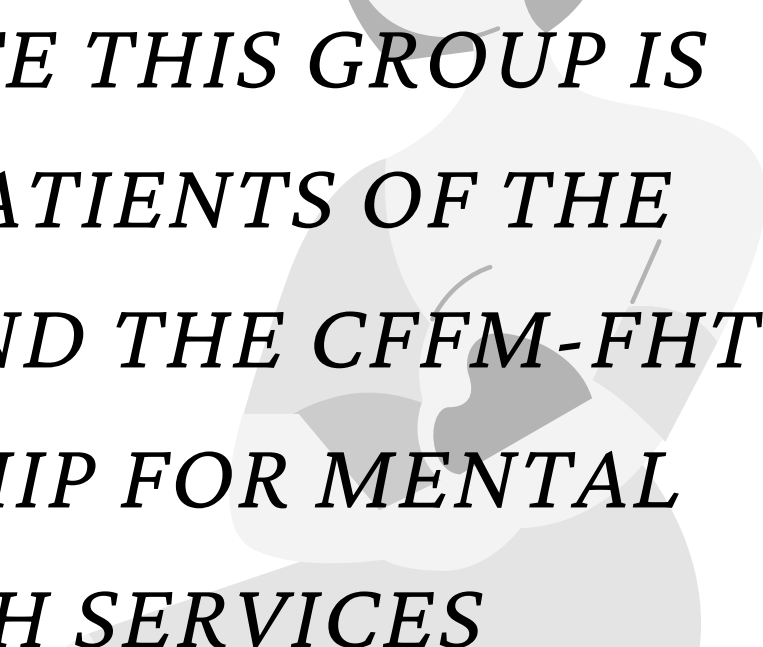
April 29

For more information

or to register:

Call (519) 578-2100 ext. 209

*PLEASE NOTE THIS GROUP IS
OPEN TO PATIENTS OF THE
CFFM-FHT AND THE CFFM-FHT
PARTNERSHIP FOR MENTAL
HEALTH SERVICES*



**Meet other new mothers in a safe
and supportive virtual environment**
