

FREE TRANSITION TO PARENTING SUPPORT

Feeling anxious or depressed
as a new or expectant mother?

York Region Public Health
is here to help!



The Transition to Parenting program is an education and support group led by Public Health nurses that helps promote mental health and wellness.

WE PROVIDE INFORMATION, STRATEGIES, SUPPORT AND RESOURCES.

Open to mothers living in York Region who have a baby up to one year of age or are pregnant and:

- Feel alone or isolated
- Want support to adjust and cope as a new mother
- Feel anxious/depressed
- Have a history of a diagnosed mood disorder such as anxiety or depression

Call Health Connection to speak to a Public Health nurse at **1-800-361-5653**.

This service is free and provided throughout York Region.
Child minding may be available.

To learn more visit **york.ca/ttp**

PUBLIC HEALTH

1-800-361-5653

TTY: 1-866-512-6228

york.ca/ttp

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York Region