

FREE Transition to Parenting Support

Feeling anxious or depressed as a new or expectant mother?
York Region Public Health can help!



The **Transition to Parenting** program is a group that helps promote mental health and wellness, and is led by Public Health nurses.

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 or 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 and transportation assistance may be available.

To learn more visit york.ca/ttp

