

# MOTHERS FIRST

MOTHERS' MENTAL HEALTH  
*matters*  
to the development of  
STRONG CHILDREN & HEALTHY COMMUNITIES

## Did you know?

- Having a baby can be a challenging and overwhelming experience
- Lack of sleep, never-ending housework and figuring out a baby's needs can lead to a lot of stress and/or anxiety
- More than 15% of new mothers report important difficulties in coping and adjusting
- Up to 1 in 5 women experience depression during pregnancy and up to one year after pregnancy
- Sharing similar experiences with other mothers is a tool that many mothers have found helpful

## What is Mothers First?

A weekly group for mothers of infants to connect with one another & to learn about and practice self-care. Discussions will focus on the experiences and needs of new mothers who are concerned about or potentially experiencing stress, anxiety or Postpartum Depression.

Mothers can start the group at any time. There are 8 session topics that rotate each week for 8 weeks.

Call if you require childcare for your older children. Limited child care spaces are available. There is no charge.



## Thursdays 1:30 to 3:00 PM

### Midwest Family Connections

Suite 103, 4910 - 50th Street  
Lower Level - Prairie North Plaza  
Lloydminster, SK

### Cost

**Free and all new mothers welcome!**

We can also help with transportation if needed.

### Register

Call 306.825.5911