



Mother Matters
SUPPORT FORUM FOR NEW MOTHERS

WCHH

WOMEN'S COLLEGE HOSPITAL
Health care for women | REVOLUTIONIZED



Are you a mother with a new baby and finding it hard to cope with how your life has changed?

Consider joining Mother Matters, our online support group for women with mood/adjustment challenges following the birth of their baby.

Mother Matters is a 10-week online support group run by the Mental Health Program at Women's College Hospital. It will take place on a confidential discussion board, giving you the opportunity to share your thoughts, feelings, and experiences, while learning from and supporting other mothers. Each week a new topic will be explored, relating to issues that commonly emerge during the first year of life with a new baby.

Registration for Mother Matters' summer and fall groups is open.

Visit womenscollegehospital.ca/mothermatters to learn more