



# Is there life after birth? Survival Strategies for New Moms

A 6-week programme designed to guide you through the transition into new parenthood

The workshop will include:

- Adjusting to role changes
- Managing the emotional roller coaster
- Dealing with changes in the relationship with your partner
- Creating positive thought patterns
- Developing tools for coping
- Expressing your feelings in a safe environment

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Starting February 2010 at Genesis Clinic, Saxonwold

For enquiries or bookings, contact  
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