

M.O.M.S.

Mothers Offering Mutual Support

Are you expecting or have you recently had a baby? Are you feeling low or anxious? Are you having trouble enjoying life the way you usually do?

You are not alone

1 in 5 women experience postpartum depression, and as many as 4 in 5 women experience mood changes surrounding pregnancy and birth

MOMS/Mothers Offering Mutual Support is a peer support group offered by and for women who have experienced these mood changes and challenges*

MOMS provides a safe space to talk about these changes and connect with peers



For information or to register, contact Kaarina at 705-222-6472, ext. 305 or kranta@nisa.on.ca

*Must be a minimum of 20 weeks pregnant or have a child 2 years old and under to be eligible to participate in groups



Northern Initiative for Social Action
36 Elgin St., 2nd floor
Sudbury, ON,
P3C 5B4