

Enjoy Your Baby

FOR PARENTS OF A NEW BABY

**Free
Mental Health
Workshop
For New
Parents**

Join an **Enjoy Your Baby** course

Enjoy Your Baby is a 5-week group-based **mental health promotion** course that helps **maintain wellness and cope with low mood, stress and anxiety in the year after the birth of a child.**

Partners and babies are welcome to join!

Visit our website to find
out more:



When: **Mondays, from March 31st to May 5th, 2025**
5:15 PM to 6:45PM

Where: Saanich Neighbourhood Place - Child and
Family Centre
3120 Tillicum Road, Victoria , BC

To sign-up, contact:
robin@snplace.org or 250-360-1148

Course Sponsor:



Canadian Mental
Health Association
British Columbia