

HAVING A BABY DOES CHANGE YOUR LIFE!

**Are you experiencing the blues
or depression since having
your baby?**

**Are you having difficulty
coping with your new baby?**

Napier Family Centre runs a free 8 week post natal adjustment course in Napier and Hastings each school term.

Meet other Mums and gain support
and coping strategies

Facilitated by experienced therapists
Childcare is provided on-site

For more information
phone Kathy Egan on Ph 843 7280
Email: kathy.e@napierfamilycentre.org.nz
Web: www.napierfamilycentre.org.nz

*You can also talk to your
GP, Practice Nurse, Plunket Nurse or Midwife.*

