



ARE YOU A NEW MOM?

Being a new mom is an amazing experience. *And* it can also be stressful and overwhelming.

You don't have to face it alone!

The Motherwise support group for new moms is available in Trail. Share your stories, connect with other moms and get the support you need.

Contact Motherwise today!

MOTHERWISE

SUPPORT GROUP FOR NEW MOMS

For more information about upcoming groups contact Kristine Forbes at the Trail FAIR Society: 250-364-2326 Ext. 229