



# Transitioning to Parenthood

There is no training for becoming a parent. Although exciting, the transition to having a new baby at home can also be challenging. Transitioning to Parenthood is an 8-week series where you can talk with others who have a new baby, or a child up to age 2, and be connected to community resources and information by our EarlyON and Carizon (CPNP) team including a clinician (MSW). Topics include: Exploring the role of new parents; Coping with parenting stressors and the impact of COVID-19; What is post-partum depression?; Circles of support; Attachment theory; And community supports.

**Register now at [KEyON.ca](https://www.KEyON.ca)**

**For registration support call 519-741-8585 ext. 3001.**

**Tuesdays**

**(8-week series)**

**October 5 – November 23 | 10:00-11:30am**