

Beyond the Baby Blues: **2SLGBTQIA+ Families**

When: Wednesdays (Starting March 13th)

Time: 9:30 am - 11:30 am

Where: Zoom Video Conference

This group is **free**.

An 7-week online group which aims to support parents by providing a space to **connect about perinatal mental health, parenting anxiety and the changes that come with being a parent**. This group is specific to families identifying as 2SLGBTQIA+ in order to provide a space that addresses the unique challenges Queer and/or Trans parents face. **This group is open to all forms of parenting and family formations.**

Some Group Topics: Attachment, Coping Skills, Finding Your Identity in Parenting and Getting Your Needs Met Through Healthy Communication

Participation is by self-referral.



*Please contact us for inquiries or to register.
parenting@familyservicesottawa.org or
Kmontague@familyservicesottawa.org*