

Community Education Service



Improving emotional health and wellbeing

Cherishing Parenthood: Understanding and Coping with Postpartum Emotions

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The postpartum period is an intricate tapestry of emotions, woven with the threads of joy, exhaustion, love, and vulnerability. New mothers often find themselves on an emotional rollercoaster as they navigate the profound changes that come with bringing a new life into the world and having their relationships change. Amidst the euphoria of welcoming their bundle of joy, there can be moments of overwhelming fatigue, self-doubt, and a spectrum of emotions that may catch them by surprise. Hormonal fluctuations, coupled with the demands of caring for a newborn, create a unique emotional landscape. It's crucial for new mothers to recognize and embrace this range of feelings, seeking support when needed, and understanding that these emotions are a natural part of the transformative journey into motherhood.

March 6, 2025
10:30 am - 12:30 pm

FREE online event
Click here to register



This session is presented by the **Community Education Service** of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of **Recovery Alberta** and **Strathmore/Chestermere Family Resources Network**.