

Family Services of the North Shore – I hope family centre

SHIFT YOUR THOUGHTS – SHIFT YOUR MOODS

SHIFT THOUGHTS–SHIFT MOODS

is a free education group for women who are pregnant or parenting a baby or young child

I hope family centre
Maplewood
 399 Seymour River Place
 North Vancouver

Commencing April 12, 2010
Mondays (10 sessions)
12.45 pm – 2.45 pm

Facilitators:
 Lyne Brindamour MSW RCSW
 Marianne Brophy BCom, IBCLC

For information and registration,
 call Vicki
604-988-5281
 Talk to us about child minding (0 – 5 years)

manage moods mindfully

Do you often feel

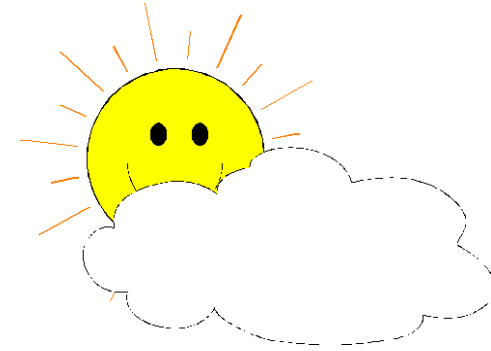
- Worried or overwhelmed
- Irritable or unable to concentrate
- Guilty, sad or angry
- Isolated or disconnected
- Depressed or anxious



There are strong connections between

- What we think
- How we feel
- What we do
- Stress in our body
- How we cope with life

We can learn the skill of balanced thinking, and shifting automatic, negative thoughts.



In our group, we begin to

- Understand thought patterns
- Identify moods
- Construct action plans
- Implement self care strategies

Come and explore

- Caring for yourself
- Parenting through postpartum adjustment
- Relating to partners, family and friends
- Building your support network

For hours of operation and other centre programs, please see www.familyservices.bc.ca
 Through the generosity of our donors, these programs are offered free of charge