

# Different Than I Expected

Pregnancy and the journey into parenthood can sometimes bring changes to your mood. This may include sadness, anxiety or the inability to cope.

**Different Than I Expected** is a friendly and informal support group for new and expecting parents who are struggling with these symptoms and/or PMD (perinatal mood disorders).

## **WHERE:**

Uxbridge Public School  
EarlyON Centre  
64 Victoria Dr.,  
Uxbridge  
(enter at the back, look for EarlyON sign)

## **WHEN:**

Mondays 12:30 pm – 2:30 pm

[www.durhamfamilyresources.org](http://www.durhamfamilyresources.org)

