

PRESENTED BY CLINICIANS OF  
ENHANCED SERVICES FOR WOMEN

# FOURTH TRIMESTER WORKSHOP

Join us for an educational session,  
focusing on the mental health of  
new moms. Come learn about the  
4th trimester and what resources  
are available to support you  
through your postpartum journey.

Hosted virtually over Zoom every 2nd  
and 4th Tuesday of the month.

10:30am -12pm

Email for Registration:  
[reddeeresw@recoveryalberta.ca](mailto:reddeeresw@recoveryalberta.ca)

\*Please include full name, phone number, and 4th  
Trimester Workshop Registration\*



AVAILABLE TO CENTRAL ZONE ONLY