

Cherishing Parenthood: Understanding & Coping with Postpartum Emotions

July 21, 2025

10:00-11:30am MT

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.



Learning Outcomes:

- Recognize and embrace this range of feelings
- Seek support when needed
- An understanding that these emotions are a natural part of the transformative journey into motherhood

Speakers:

Sumeet Kalsi, Dip. in Early Childhood Development & Education,
Parent Caregiver Support Services Coordinator,
Strathmore/Chestermere Family Resources Network

Ericka Tracey, Dip. Addictions, Early Childhood Development
Resource Network Specialist, Trellis



Target Audience:
Caregivers/People
experiencing post partum

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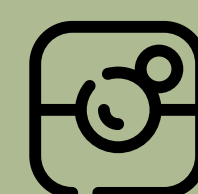
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