

Mothers First

NEWSLETTER

SUMMER 2026



ABOUT US

RED DEER & AREA MATERNAL MENTAL HEALTH STEERING COMMITTEE

The Red Deer & Area Maternal Mental Health Steering Committee is a collaborative, multidisciplinary group dedicated to improving maternal mental health supports across Central Alberta. Our members include perinatal service providers, community organizations, advocates, and individuals with lived experience. Together, we work to guide accessible, inclusive, and evidence-based resources that support parents in building strong foundations for themselves and their children.

ORGANIZATION SPOTLIGHT

RECOVERY ALBERTA & THE ROOTS OF THE COMMITTEE

The Red Deer & Area Maternal Mental Health Steering Committee traces its beginnings to 2019, when Recovery Alberta—previously known as Alberta Health Services Addiction & Mental Health and key community partners—helped spark a collaborative vision for better maternal mental health supports in Central Alberta. What began as a partnership has grown into a dynamic, multidisciplinary network committed to strengthening families and building healthier communities.



TIPS TO BOOST CONNECTION

SHARE THE LOAD

Divide baby duties clearly so both partners know what to expect. Shared responsibility builds trust and reduces resentment.

FOCUS ON MICRO-MOMENTS

Connection does not need to be complicated. A short conversation or a long hug can go a long way in helping you reconnect.

FIND YOUR VILLAGE

Join a parenting group or connect with other new parents. Shared experiences can ease isolation and provide valuable support.

ASK FOR HELP EARLY

Lean on family, friends, or professionals before burnout sets in. Support is a strength, not a weakness.

CELEBRATE SMALL WINS

Acknowledge the little victories each day. Feeling appreciated helps partners stay connected.

DISCOVER



PREGNANCY & POSTPARTUM DEPRESSION & ANXIETY

40 MINUTES



DOWNLOAD

Access your free Mothers First access guide!



YOU DON'T HAVE TO DO IT ALONE.

MARK YOUR CALENDAR!

JULY 2 - AUGUST 27 | THURSDAYS, 6:30 - 8:00 PM

POP-UP SPRAY PARKS - THE CITY OF RED DEER

Join Red Deer Emergency Services, RCMP and Municipal Enforcement and keep cool! For a list of locations and more information, click [here](#).

JULY 6 - AUGUST 28 | WEEKDAYS, STARTING AT 9:30 AM

MEET ME AT THE PARK - THE CITY OF RED DEER

Enjoy free drop in activities such as sports, crafts, and games in parks. For a list of locations and more information, click [here](#).

JULY 6 - AUGUST 28 | WEDNESDAYS, 10:00 - 11:30 AM

MOM LIFE OUTDOORS

Join the Sylvan Lake Family Resource Network to connect with other parents, share experiences, and learn about life with babies and toddlers. For mothers with children up to 18 months. For more information and to register, contact 403-864-5583.

JULY 16 | THURSDAY, 10:00 - 11:00 AM

OUTDOOR FITNESS FOR MOM

Build strength, boost energy, and enjoy fresh air in a supportive outdoor workout for moms. Using the Barrett Park Outdoor Fitness Gym you'll move through a guided full-body circuit. To register, click [here](#).

JULY 24 | THURSDAY, 10:00 - 11:00 AM

PELVIC FLOOR HEALTH CONVERSATION

Learn how birth affects your pelvic floor and what supports recovery. A pelvic-health physiotherapist will share practical guidance and answer your questions in a supportive, judgment-free space at the Sheldon Kennedy Center for Excellence. To register, click [here](#).

ONGOING | TUESDAYS, 10:00 - 11:30 AM & FRIDAYS, 1:00 - 2:30 PM

LACTATION DROP IN GROUP

Join Primary Care Alberta at Family Services of Central Alberta in Parkland Mall for professional and peer support drop in with infant feeding goals, latching, milk production, and personalized feeding plans.

ONGOING | THURSDAYS, 1:00 - 3:00 PM

MOTHERS RECOVERY SUPPORT GROUP

Drop in peer support group for mothers in recovery who are seeking connection, healing, and support within the community at Family Services of Central Alberta in Parkland Mall. Childcare provided.