

Migration
and

Having
a

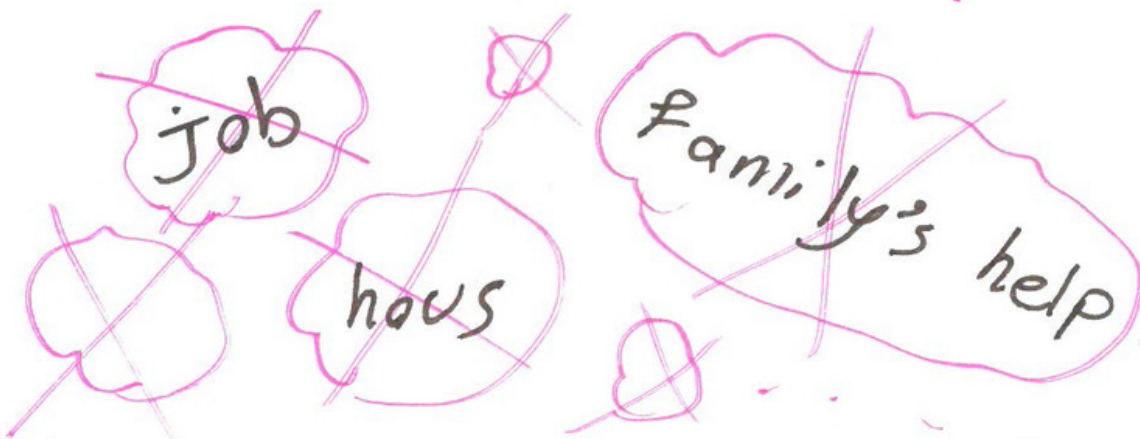
Baby



with migration, your life
will undergo big changes



you trample most of
things you have built
in your country



Having a baby
is great challenge
in your life that will
change your
life




what do you think
will happen if both of
these things happen together?

I am telling my own experience

Maybe it is different for you!



I got 
severe
Depression

I cried every day

I was idealistic and always dreamed of
being the best mother and doing the
best for my child.

But now 

I was with newborn baby.

In a country where I am a complete stranger.
I didn't have job.

I didn't have suitable apartment
I ~~had~~ no mental security.

I didn't have the help of
my family. I had lost my
identity.

I couldn't speak English well.



I didn't know Canadian laws.

I didn't



I didn't



even know how to

make an appointment with



the doctor.



for every small task, I had to

search for hours and ask other question.



Besides this, I had to take care of my newborn son.

If you are at this stage
and fee like me, I want to

tell you **not worry** 😊

Because beautiful thing will
happen in your life.

you are supposed to

laugh with your
child

you are going to play with
your child and experience
childhood again.



you are going to go
boating with your child.

GOING
OUTDOORS



you are supposed to sleep
beside your baby and feel
his/her sweet breath

So, don't worry if
you feel depressed and
helpless now. you are
not alone. I and many others
were like you.

Trust me
You Can Fly Again



Try to control your negative
feeling. Try to Stop your bad
mood 😊

my name
is
Farnaz



Because
Everything is going to be
Alright! 😊