

MOMS

A support group for women experiencing postpartum depression/anxiety

The **MOMS** group is a 10 week group program for mothers who are experiencing postpartum depression and/or anxiety. This group is designed for women who are noting the signs and symptoms of distress that go beyond the short-term “baby blues” that many women experience after birth.

Common symptoms of this level of distress may include:	In supporting women through this period, the MOMS group offers:
<ul style="list-style-type: none">• A persistent feeling of sadness or of anxiety• Excessive crying or worrying• Disrupted sleep and concentration• Constant fatigue• Feelings of hopelessness or failure• Restlessness or irritability• Difficulty connecting with the baby• Fear of harming the baby• Isolation	<ul style="list-style-type: none">• An opportunity to share with other women experiencing similar challenges.• Information on postpartum depression and anxiety• Helpful suggestions and ideas for coping• Information and support for fathers and partners• Information about other community resources

The **MOMS** group is offered on site at:
Family Services à la famille Ottawa
312 Parkdale Ave

The next group will begin in February 2012

Individual counselling is also offered in English and French.

Please contact our Intake Worker at 613-725-3601 ext 117 for more information.

This group is funded by the City of Ottawa. There is no fee for this group.

Family Services à la famille Ottawa also offers individual, couple, and family counselling services.