

MOMS Program 2019

Postpartum distress, depression and/or anxious moods

Helping parents get the support they need

Testimonials from MOMS:

"I really liked the balance between sharing, support and counselling".

"It took many more months for the PPD to finally clear, but the experiences and tools that I gained from the MOMs group made it possible for me to work through my sad times, my angry times and my times of despair by focusing on what it was that led up to that moment and how to recognize it in the future."



Testimonials from dads and partners:

"I understand more what is happening to her and have tools to help."

"I don't talk about it, so it was good to have a place to share my worries and how hard it's been on me."

"I wish we had more of these sessions."

Since 2006, Family Services Ottawa in partnership with the City of Ottawa has been providing counselling and support for women experiencing postpartum distress, depression and/or anxiety.

We Offer:

Group Counselling

8 week closed therapy group

- ✓ uses Cognitive Behavioral therapy, Interpersonal therapy and Mindfulness practices
- ✓ includes a session for dads/partners and supporters

2019 Dates

Wednesdays from 10 am – 12 pm

Groups offered throughout the year

Next group starting **February 20th, 2019**

To learn more about the group, to sign up or refer, please contact Irina Balabanova, M.Ed., CCC, RP

at 613-725-3601 X 176 or ibalabanova@familyservicesottawa.org

Or visit our website: www.familyservicesottawa.org

Services are available and accessible to all regardless of ethnicity, race, age, ability, gender, sexual orientation, income, and political or religious affiliation