

## Beyond the Baby Blues

- Are you experiencing postpartum distress, depression and/or anxious moods after the birth or adoption of your baby?
- Would you like an opportunity to share with other women experiencing similar challenges?
- Information Session for partners and supporters

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In this eight-week group you'll:

1. Discuss postpartum depression and/or anxiety symptoms in a safe environment.
2. Explore the impact on self and family.
3. Learn and practice tools for coping and recovery.
4. Learn about healthy communication skills to build better relationships.
5. Develop skills to relax and increase positive thoughts while decreasing negative thoughts.
6. Discover the relationship between thoughts, feelings and behaviours.
7. Discover ways to recapture joy in life & relationships, especially with baby.
8. Explore parenting messages and the importance of attachment.

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**When:** Mondays: October 19, 2020 – December 7, 2020

**Time:** 10am – 12 pm

**Where:** Zoom Health Video Conferencing

**Cost:** \$300.00  
Possible coverage by Private Insurance or sliding fee scale

Please call us at 613-725-3601 extension 108 or email [wsmith@familyservicesottawa.org](mailto:wsmith@familyservicesottawa.org) to register or for more information.