

MOMS Program 2017-2018

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:

Counselling Support

Tuesday mornings (by appointment)

Assessment and referral to community partners

Support Plans

Referral to individual, couple and family therapy services

Group Counselling

8 week closed therapy group

(uses *Cognitive Behavioral Therapy*, *Interpersonal therapy* and *Mindfulness practices*)

and also includes a session for dads/partners and supporters

2017-2018 Dates

Wednesdays from 10:00am to Noon

Groups offered from September to June.

To learn more about these services and to refer, please contact intake, at 613-725-3601 X117 or intake@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

Programme MOMS 2017-2018

Depression, angoisse ou difficulté d'ajustement périnatal

Supporter les parents et leurs familles

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Depuis 2006, Services à la famille Ottawa, en partenaire avec le Ville d'Ottawa, aidons les parents avec le counselling et du soutien pour ceux qui vivent des difficultés périnatal.

On Offre...

Services de Counseling

Mardi matin (par rendezvous)

Le counseling pour depression ou/et angoisse during gestation ou postpartum

L'assessment et "referral" aux partenaires communautaires

Devisé les plans de supporte

Group de soutien

8 week closed group, including a session for dads and partners

2017-2018 Dates

Les Mercedi's de 10h à 12h

Les Groupes offert Semptembre à Juin, et groups porte les vendredi's

Visitez notre site web: www.familyservicesottawa.org ou note service intake (613) 725-3601 X117

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Les services sont disponibles pour tous sans jugement de la race, age, ethnie, religion, orientation sexuelle, genre, revenue, orientation politique, etc.

