



Not feeling like yourself after having a baby?

Since the birth of your baby, have you...

- Been sad and tearful?
- Lost interest or pleasure?
- Felt anxious?
- Felt overwhelmed or unable to concentrate?
- Felt hopeless, frustrated, or angry?
- Had difficulties connecting to your baby?

Southwestern Public Health is hosting a one-day Cognitive Behavioural Therapy (CBT) workshop for postpartum depression (PPD).

Where: 1230 Talbot Street, St. Thomas, ON, N5P 1G9

When: Thursday September 13, 2018 or Thursday November 15, 2018 from 9am – 5pm

You may be eligible to participate in this study if you are 18 years of age or older and have given birth to an infant within the past 12 months.

To register for the workshop or to receive more information, please contact the study coordinator, Meena Rangan (elgin1daycbt@gmail.com) or call 519-631-9900 ext. 1277.



There is no cost to participate. The information session is only available in English.