



POST PARTUM DEPRESSION??????

If you suspect that you or someone you know is experiencing this, then participating in our post-partum depression support group may help.

For more information or to sign up, please call the
Chilliwack Health Unit @ 604-702-4900

IS THIS HAPPENING TO YOU?

- ❖ Crying for no apparent reason
- ❖ Numbness
- ❖ Feelings of helplessness
- ❖ Frightening or intrusive thoughts
- ❖ Over-concern for the baby
- ❖ Anxiety/panic attacks
- ❖ Feelings of inadequacy or inability to cope
- ❖ Sleeping problems
- ❖ Feelings of resentment towards the baby or other family members
- ❖ The feeling that something is not right
- ❖ Depression that may range from sadness to thoughts of suicide

PPD can happen to anyone, and can occur during pregnancy, right after the birth or adoption of a child or anytime within the first year.



POSTPARTUM WELLNESS SUPPORT GROUP

WHERE: - **Stó:lō Nation** health building, #7 – 7201 Vedder Road, Chilliwack

WHEN: - Tuesdays, 1pm-2:30 pm

CHILDCARE: -availability on an as needed basis; to be discussed.

WHAT: - participant-led support group session, with nurse-facilitator (Heidi Beckerleg), for postpartum anxiety/depressive symptoms.

WHY: -to provide support for self and one another in a safe, confidential, non-judgmental setting; to learn how to help yourself start on the road to mental and emotional wellness.

Space is limited.

To register, call **Chilliwack Health Unit at 604-702-4900**

