

# Postpartum Group



**Are you struggling with low mood or anxiety while adjusting to parenthood?**

Learn healthy coping skills drawn from evidence-based therapies to understand and reduce symptoms of postpartum anxiety and depression

**Who:**

For individuals who are at risk for, or who are currently experiencing, symptoms of postpartum anxiety or depression following delivery and up to one year postpartum, and who reside in the Unity Health catchment area and/or delivered with a Unity Health affiliated practitioner.

**What:**

This is a 10-week therapy group for individuals who wish to learn important skills drawn from CBT, IPT and MBCT to overcome symptoms of postpartum anxiety and depression.

**When:**

Spring Session: Thursdays 10:30 a.m. – 12:30 p.m.

Fall Session: Thursdays 10:30 a.m. – 12:30 p.m.

Winter Session: Thursdays 10:30 a.m. – 12:30 p.m.

**Where:**

Virtual

**Registration:**

Please have your physician, nurse practitioner or midwife refer - Outpatient Mental Health, Pregnancy and Postpartum Mental Health Program, located on SJHC Website.

<https://unityhealth.to/wp-content/uploads/2021/02/postpartum-group-referral-form.pdf>

If you have any questions regarding this group, please contact  
St. Joseph's Health Centre, Collaborative Care Clinic 416-530-6000 ext.4258 or ext.4057