

# Postpartum Group Project



1 in 5

mothers will have a postpartum mood disorder.

We are offering a group for women experiencing mood changes after baby.

## Who can take part?

Women who are at least 16 years of age, have given birth in the last 12 months and mothers who have had any of these symptoms for **greater than 2 weeks**:



Feeling sad or tearful



Loss of interest



Changes in eating or sleeping



Feeling exhausted but unable to sleep



Trouble bonding with baby



Feeling hopeless, overwhelmed, anxious or angry

## Benefits of taking part:

- Meet other women who are having a similar experience
- Have access to other services
- Participants will fill out a questionnaire and receive a \$10 gift card

New referrals and current SJCG clients are welcome.

To find out more about this group, please visit: [sjcg.net](http://sjcg.net) or call 624-3400 or email [postpartum.sjcg@tbh.net](mailto:postpartum.sjcg@tbh.net)



Our group meets weekly and child care and bus passes are available if needed.