

Community Education Service



Improving emotional health and well being

PPD 101 – What you need to know about Perinatal Mood Disorder

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The focus of this presentation will be on discussing the range of the Postpartum experience and all that it can encompass. Focusing on what to look for, how to create space to speak about it, and to spend some time discussing how to support yourself, or a loved one, where this may be a concern. This discussion can never happen too early or too late, and all are welcome to join, wherever you happen to be on your prenatal/postpartum journey.

FREE LEARNING

January 26, 2021
11:00 AM – 12:30 PM

Registration Required

This session is presented by the Community Education Service of the Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and **Families Matter.**

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