

# Community Education Service



*Improving emotional health and well being*

## Postpartum Depression

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Psych., Child & Youth Counselling Dip., Cert. Bullying & Healthy Youth  
Relationships, CARYA

**This session will provide an overview of Postpartum Depression, its various types, symptoms and the causes. Learn the difference between the Baby Blues and Postpartum Depression.**

**Can it affect your baby? Can it be prevented? Join us while we discuss these questions as well as provide strategies, resources and treatment options.**

**Oct 12, 2022  
10:30-12:30pm**

**Click here to  
register**

**FREE  
online event**

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