

Community Education Service



Improving emotional health and well being

Postpartum Depression

Riffat Ali (Registered Provisional Psychologist), Ph.D. Psych., MSc. 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**

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