

Community Education Service



Improving emotional health and wellbeing

Postpartum 101

What you need to know about Perinatal Mood disorder

Amanda McMillan BA., Manager of Family & Community Programs
Families Matter

Maternal mental health struggles are the most common complications of childbirth, including anxiety and depression. The focus of this presentation will be on discussing the range of the Postpartum experience and all that in 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.



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

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June 16th, 2026
1:00 PM – 2:30 PM

[Click here to register](#)

FREE

