



Not feeling like yourself after having a baby?

Since the birth of your baby, have you...

- Been sad and tearful?
- Lost interest or pleasure?
- Felt anxious?
- Felt overwhelmed or unable to concentrate?
- Felt hopeless, frustrated, or angry?
- Had difficulties connecting to your baby?

Hastings Prince Edward Public Health is hosting a one-day Cognitive Behavioural Therapy (CBT) workshop for postpartum depression (PPD).

Where: Hastings Prince Edward Public Health, 179 North Park Street, Belleville

When: Tuesday September 18th or Tuesday November 20th, 2018 from 9am-5pm

You may be eligible to participate in this study if you are 18 years of age or older and have given birth to an infant within the past 12 months.

To register for the workshop or to receive more information, please contact the study coordinator, Meena Rangan (hpec1daycbt@gmail.com) or call 613-966-5500 x223.

Participants will receive up to \$60 (giftcards) for participating in the study. Free childminding will be provided during the workshop.



There is no cost to participate. The workshop is only available in English.