

# Postpartum Mood Disorder Support Group

## Are you feeling:

- Exhausted, overwhelmed, and unhappy?
- Negative about yourself or your baby?
- Irritable, tearful, and hopeless?

You may have postpartum mood disorder.

## Did you know?

- Postpartum Mood Disorder affects **1 in 5** women following the birth of a child
- Having a support network can contribute to a faster recovery

You are not alone. Help is available.



Come and join other mothers for light refreshments, discussion and support in a relaxing environment. Facilitated by a public health nurse and parent educator.

***Meetings: 1st and 3rd Thursday afternoons of the month  
Time: 1:00 to 2:30 p.m.***

***Location: Oakville Parent-Child Centre, 461 North Service Rd, Unit#17  
Contact: 905-849-6366 ext 22 for information and to register for child care***



Halton Region  
Dial 311 or 905-825-6000  
Toll free 1-866-4HALTON (1-866-442-5866)  
TTY 905-827-9833  
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