



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?

Our Place Family Resource and Early Years Centre is hosting an information session in Kitchener about a study of a non-medication treatment called Cognitive Behavioural Therapy (CBT) for postpartum depression (PPD).

Where: Our Place Family Resource and Early Years Centre at 154 Gatewood Rd, Kitchener

When: Wednesday March 21st from 6:00-7:00pm

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

To register for the information session or to receive more information please contact the study coordinator, Meena Rangan, at kw1daycbt@gmail.com or Wanda Kampijan, Family Support Program Supervisor at 519-571-1626 ext 25.



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