



AVAILABLE FROM

Pacific Post Partum Support Society: Postpartum Depression and Anxiety A Manual for Group Facilitators

The *Group Facilitator's Manual* contains information on:

- postpartum depression
- getting started
- facilitation skills & techniques
- assessment
- recovery
- self-help support groups
- role of the facilitator
- special issues
- what helps
- the PPPSS self-help support group process

and includes appendices for

- background and additional reading
- handouts for support group participants

The voices of women in the postpartum support groups illustrate and support the material being covered.

Who should use this manual?

The manual was written for those who are interested in the specialized information necessary to start and run a self-help support group for women who are experiencing postpartum depression and anxiety.

PPPSS assumes the reader will have some prior knowledge of standard group facilitation language and techniques, and expects that anyone attempting to facilitate a group will have or seek group facilitation skills. Group Facilitator Training specific to postpartum depression support groups is available through Pacific Post Partum Support Society.

For purchase in Canada, fill out below and send **\$58.00 (includes S&H)**.

Postpartum Depression and Anxiety: A Manual for Group Facilitators

Amount enclosed: \$ _____

Cheques are payable to **Pacific Post Partum Support Society**

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