



# PACIFIC POST PARTUM SUPPORT SOCIETY

*you are not alone*

200-7342 Winston St. Burnaby, BC V5A 2H1 Canada  
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toll-free: 855-255-7999 fax: 604-255-7588  
www.postpartum.org charity # 107810632RR0001

## Perinatal Support Skills & Group Facilitation workshop Now in a convenient online format!

Led by our experienced facilitators, this training will benefit health care providers, support workers and community members who have contact with pregnant and/or postpartum mothers of young children.

**Mondays 7 to 8 pm PST, October 23 to December 4, 2017**

Topics will include:

- What is postpartum depression? anxiety? a difficult adjustment?
- Risk factors for PPD/A
- The role of motherhood myths
- New parenthood's impact on relationships
- Risk management, intake and assessment
- Individual support skills and techniques
- Group facilitation skills and techniques

**This training will take place in an interactive webinar format, and will make use of videos, exercises and real-time class discussions.** Some out-of-class work, including viewing videos and participating in online discussion in a private Facebook group, will be required to prepare for each session. (Approx. one hour per week).

**Technical requirements:** To participate you must have access to an internet-enabled device, preferably with a webcam or microphone, which has a browser and can view videos and .pdf files.

**Tuition: \$300/participant**

**Class size is limited. Please register soon as we anticipate filling up!**  
**Pay by cheque using the form on the second page, or pay online at the link below. For more information, please email [training@postpartum.org](mailto:training@postpartum.org).**

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Our mission is to end the isolation and distress experienced by many women and their families with the profound life change that accompanies the birth or adoption of a child.

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## REGISTRATION FORM

Perinatal Support Skills & Group Facilitation workshop  
October 23 to December 4, 2017

Please make cheques payable to Pacific Post Partum Support Society and enclose with this registration form. For credit card payments go to:  
<https://squareup.com/store/PPSS/item/online-perinatal-support-skills-group-facilitation-workshop>

Please include attendee's name and any other information needed in the "additional note to merchant."

Registration deadline: October 9, 2017.

NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

PHONE: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

\_\_\_\_\_ POSTAL CODE \_\_\_\_\_

Mail registration and cheque to:  
Pacific Post Partum Support Society  
Attn: Online workshop registration  
200-7342 Winston Rd.  
Burnaby, BC V5A 2H1 CANADA