



PACIFIC POST PARTUM SUPPORT SOCIETY

200-7342 Winston St. Burnaby, BC V5A 2H1 Canada
support: 604-255-7999 admin: 604-255-7955
toll-free: 855-255-7999 fax: 604-255-7588
www.postpartum.org charity # 107810632RR0001

Perinatal Support Skills & Group Facilitation Online workshop

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, April 9 to May 28, 2018 (break for Victoria Day May 21)

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 (approximately 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! Register by email to linda@postpartum.org, then please purchase online (see below) or mail a cheque using the form on the second page. For more information, please contact Linda King at linda@postpartum.org.

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.

REGISTRATION FORM

Perinatal Support Skills & Group Facilitation workshop
Mondays April 9 to May 28, 2018

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/PPPSS/item/online-perinatal-support-skills-
group-facilitation-workshop](https://squareup.com/store/PPPSS/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: April 3, 2018

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