



PACIFIC POST PARTUM SUPPORT SOCIETY

you are not alone

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.

Thursdays 7 to 8 pm, April 25th to June 6th 2019

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 and group support skills and techniques
- ✓ PPPSS Group Support Model

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. Register by email to sheila@postpartum.org, then please mail a cheque using the form on the second page or call our admin line at **604-255-7955 to pay by credit card. For more information, please contact **Sheila Duffy** at sheila@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
Thursdays, April 25 to June 6

Please make cheques payable to Pacific Post Partum Support Society and enclose with this registration form. Or call 604-255-7955 to arrange payment or pay with credit card.

Registration deadline: Thursday April 18, 2019

NAME: _____

EMAIL: _____

PHONE: _____

MAILING ADDRESS: _____

_____ POSTAL CODE _____

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