



# PACIFIC POST PARTUM SUPPORT SOCIETY

*you are not alone*

200-7342 Winston St. Burnaby, BC V5A 2H1 Canada  
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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 PST, October 10<sup>th</sup> to November 28<sup>th</sup> 2019  
(7 sessions, no class October 31<sup>st</sup>)**

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 [sheila@postpartum.org](mailto:sheila@postpartum.org), then please mail a cheque using the form on the second page or pay online. For more information, please contact Sheila Duffy at [sheila@postpartum.org](mailto: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.

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## REGISTRATION FORM

Perinatal Support Skills & Group Facilitation workshop  
Thursdays October 10<sup>th</sup> to November 28<sup>th</sup>, 2019

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>

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

Registration deadline: October 1<sup>st</sup>, 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 CANADA