



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.

Wednesdays 7 to 8 pm PST, February 5 to March 18, 2020 (7 sessions)

Topics will include:

- What is Postpartum Depression? Anxiety? 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
- Basic 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

(Group facilitator manuals can be purchased at a discounted rate of \$45.00 for participants. Regular price is \$55.00. Purchase of manual is not mandatory)

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 pay online. 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
February 5 to March 18, 2020

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: Wednesday January 29, 2020.

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