



Cognitive Behavioural Therapy for Perinatal Mood Disorders

Public Health can help.

Southwestern Public Health provides no-cost support for individuals experiencing perinatal mood disorders.

Balanced Beginning offers help and support as a group-based Cognitive Behavioral Therapy program to promote mental wellness in those who may be experiencing a mood disorder while pregnant or shortly after giving birth.

- Designed for pregnant and new mothers with babies up to 18 months of age, who have been feeling depressed, down, overwhelmed, or anxious.
- During this nine-week series you will meet weekly in a virtual group setting with a public health nurse to learn skills, strategies, and tools to help manage depression and anxiety.
- A no-cost workbook is provided to help you record your goals and progress.
- This program is no-cost, confidential, and does not require a referral from a health care provider.

Up to 80% of people feel sad, empty or anxious after they have given birth.

Whether it is anxiety during pregnancy or postpartum depression, feelings that continue or worsen over time may be a perinatal mood disorder.

Sign up online at www.swpublichealth.ca/balancedbeginning.

519-421-9901 x 3473 (Oxford)
519-631-9900 x 1400 (Elgin-St. Thomas)

www.swpublichealth.ca/knowandgrow

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