



**BE MIND FULL**

CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918

## MOMMY MATTERS

**Do you find yourself crying? Irritable?  
Changes in mood? Having distressing thoughts?**

### **Don't go it alone!**

Come out and let's explore what Postpartum Depression is and learn skills to reduce and/or alleviate Postpartum symptoms using Interpersonal Therapy Techniques and Cognitive Behavioural Therapy

**Thursday, June 8, 2017 from 1:30pm-3:00pm for 8 weeks**

**Connections Early Years Centre  
795 Giles Blvd. E., Windsor**

To schedule a screening appointment, call:  
Wendy Gatti, MSW, RSW at 519-255-9940 x135