



Taking Care of Yourself and Others

Postpartum Issues



When:

Tuesday, June 6th, 2017

Time:

2:00 pm — 4:00pm

Where:

Multi-Purpose Room at Well Being Program
300-4211 Kingsway
Burnaby, BC V5H 1Z6

Presenter:

Tara Nesbitt

Learning Points:

- What is the difference between “baby blues” and depression?
- What you can do to support a parent who is going through a difficult postpartum experience?
- Did you know that approximately 20% of mothers go through postpartum depression?

**Please register to
reserve a spot**

**Please contact us if you need
ASL/ Deaf Interpreters**

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