



## POSTPARTUM ANXIETY AND DEPRESSION GROUP COUNSELLING

**SEPTEMBER 28, 2020 START**

Are you struggling with thoughts and/or feelings of sadness, worry, anxiety, rage, worthlessness, or loneliness following the birth of your child? Have you given birth during Covid-19 precautions and did this impact your mental health?

You may benefit from group counselling that includes other mothers, led by a trained maternal mental health professional, to work through these feelings.

Worldwide, 20% of women and 10% of men suffer from perinatal mood and anxiety disorders (PMADs). During these COVID-19 times, PMADs may feel even more overwhelming. This month, Tiffany Mitchell, a Provisional Psychologist in Alberta is providing a low-cost online video format group counselling service to mothers who are experiencing PMADs with a focus on working together to support one another through the feelings surrounding birth and motherhood. Tiffany is supervised by Dr. Gina Wong, a Registered Psychologist specializing in reproductive and maternal mental health for over 16 years.

If this sounds like a service you could benefit from, or if you would like to learn more, please contact Tiffany Mitchell at [tmitchell.owccare@gmail.com](mailto:tmitchell.owccare@gmail.com). Space is limited so please sign up soon.

**Email today to learn more or to schedule your free intake.**

Group Counselling  
Finding Your New  
Normal (FYNN)

Group to Run  
Mondays at 130pm  
90 Minute Sessions  
Over 8 weeks

\$220 for the program

Secure Video  
Platform

Alberta Residents only

**For more information  
contact Tiffany Mitchell:**

Email:  
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