

Tresillian Perinatal Depression and Anxiety Therapy Group

Commencing Tuesday 1st of February 2011
10.00 am - 12.00 noon
(2 hours per week for 11 weeks)

The Postnatal Depression Group provides mothers with the opportunity to:-

- ❖ Develop support and friendships
- ❖ Build a sense of confidence and competence
- ❖ Develop new ways of relating
- ❖ Dispel the myths of motherhood

The group focuses on:-

- ❖ Management of Postnatal Depression
- ❖ Understanding Postnatal Depression
- ❖ Family relationships
- ❖ Building self esteem
- ❖ Enhancing communication and assertiveness skills
- ❖ Self care
- ❖ Parent Infant Interaction

Venue: Tresillian, 1B Barber Avenue, Kingswood

Fee: There is **NO FEE** to attend this group
Morning tea is supplied and free child care is available

Referrals: REFERRALS ARE NOW BEING ACCEPTED
Please ring Tresillian Nepean 47342124

Closing Date: Ongoing referrals accepted as groups will run consecutively excluding the last term.