

Beyond Baby Blues Perinatal Depression Support Program

Group Facilitators

Judy Robinson

Psychologist

Judy Robinson has been a Registered Psychologist for 20 years working in the area of Family Mental Health.

Kristen Jones

Psychologist



Group Date

Weekly

9.30am—12.30pm

3 hours over 4 weeks

No cost

A Quick Overview

This Program is being funded by the National Perinatal Depression Initiative which aims to improve prevention and early detection of Perinatal depression. This initiative will benefit women who are at risk of or experiencing depression during pregnancy or in the first year following childbirth. Over 4 sessions it will offer women who enter the Program information, education, skills and strategies for coping. It will also offer an opportunity for discussion in a nurturing safe and supportive environment. It is expected that this will assist in the prevention of and recovery from Perinatal Depression.

Program Aims

4 weekly sessions of 3 hours and each session will be broken into 3 parts.

- Part 1 will offer experiential training in mindfulness and relaxation to manage feelings and improve restfulness.
- Part 2 will offer information and education in relation to a range of topics. These include: Understanding Perinatal Depression, as well as adjustment to and influences on the feelings associated with being a Mother. These sessions will cover some strategies for coping as well as self reflection and understanding relationships with our children.
- Part 3 is facilitated discussion.

To Make A Booking

To access this program a referral from your medical doctor (GP) is required. All eligible participants will be required to make an appointment for an individual session to assess the programs suitability for you. Please ring Lakeside Rooms on 07 55620 466 to arrange. You will also be required to attend a follow up individual appointment after the group program has finished

Venue

Lakeside Group Room
Suite 8 North Building
Robina East Quays
34-36 Glenferrie Dr, Robina

