



# *Not feeling like yourself after having a baby?*

*Since the birth of your baby, have you...*

- Been sad and tearful?
- Lost interest or pleasure?
- Felt anxious?
- Felt overwhelmed or unable to concentrate?
- Felt hopeless, frustrated, or angry?
- Had difficulties connecting to your baby?

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**ROCK EarlyON Child and Family Centre is hosting a one-day Cognitive Behavioural Therapy (CBT) workshop for postpartum depression (PPD).**

**The workshops will be delivered by Dr. Ryan Van Lieshout, MD, PhD**

You may be eligible to participate in the workshop if you are 18 years of age or older and have given birth to an infant within the past 12 months.

**The workshops are part of a study conducted by McMaster University.**

To register for the workshop or to receive more information, please contact the study coordinators, Haley Layton and Meena Rangan ([halton1daycvt@gmail.com](mailto:halton1daycvt@gmail.com)).



There is no cost to participate. The workshop is only available in English.