PERINATAL SUPPORT SKILLS
And GROUP FACILITATION WORKSHOP

Pacific Post Partum Support Society has been supporting women and their families experiencing postpartum emotional distress issues since 1971.

We are offering a one and two day training workshop in Burnaby on Thursday, May 29 from 9:30 to 4:30 and Friday, May 30 from 9:30 to 3:30.

Participants can register for either one day or both days depending on their interest. Please see the attached agenda for the two days. The first day of the training will focus on basic skills for providing support for women during the perinatal period. The 2nd day will be for those who are interested in providing group support and will include practice.

(Please note: If you have done the basic support skills training with us previously, you can register for the 2nd day only.)

This training will benefit health care providers who have contact with pregnant and/or postpartum mothers of young children and may therefore be at risk for experiencing perinatal depression, anxiety and adjustment issues.

The cost will be $180.00 for the first day and $325.00 for both days.
Please note: If you are only registering for day two, please contact us to discuss further.

The training will include a copy of our little purple book, “Post Partum Depression and Anxiety; a self-help guide for Mothers”.
Lunch is included in the cost and will be served on site.
Our training includes:

What is Postpartum Depression/Anxiety/Adjustment? Including reactions in pregnancy

The continuum of pregnancy and postpartum reactions

Risk Factors

Motherhood
  Myths/Expectations

Intrusive Thoughts

Helping Skills and Techniques

What Helps? Impact of Postpartum Depression on the Family

The 2nd day of the training will focus on Pacific Post Partum’s Support Group Model and group facilitation techniques.

Risk Management

Intake and Assessment

Basic Group Facilitation Skills

After the training course is completed, we offer opportunities for support and consultation with the Society.

Registration form below:
PERINATAL SUPPORT SKILLS
AND GROUP FACILITATOR WORKSHOP

WHEN – Thursday, May 29th from 9:30 am to 4:30 pm and Friday May 30 from 10 am to 3 pm

WHERE – 7342 Winston Street, Burnaby, B.C.

AMPLE PARKING AVAILABLE ON SITE – free of charge

COST - The cost $180.00 for one day $325.00 for two days

INCLUDES - Our “little purple book” Postpartum Depression & Anxiety; a self-help guide for mothers’, handouts, lunch (provided on site) and coffee, tea, light snacks each day.

OPTIONAL The Group Facilitator Manual or The Telephone Support Manual written and published by the Pacific Post Partum Support Society for a discounted price of $35.00 each for workshop participants.

Please contact: LINDA KING at 604-255-7999
FAX 604-255-7588 Toll-free line: 855-255-7999
EMAIL linda@postpartum.org

REGISTRATION FORM

Please make cheques payable to Pacific Post Partum Support Society (PPPSS) and enclose with this registration form. We are unable to accept credit cards at this time.

Registration Deadline Monday April 28, 2014. A few spaces still available!

NAME
ADDRESS
POSTAL CODE
PHONE FAX
E MAIL