



AVAILABLE FROM

Pacific Post Partum Support Society:

Self-Help Groups For Women With Postpartum Depression And Anxiety:

A Group Facilitator's Manual

The *Group Facilitator's Manual* contains information on:

- postpartum depression
- role of the facilitator
- assessment
- the PPPSS self-help support group process
- self-help support groups
- facilitation skills & techniques
- what helps
- getting started
- special issues
- recovery

and includes appendices for

- background and additional reading
- handouts for support group participants

The voices of women in the postpartum support groups illustrate and support the material being covered.

Who should use this manual?

The manual was written for those who are interested in the specialized information necessary to start and run a self-help support group for women who are experiencing postpartum depression and anxiety.

PPPSS assumes the reader will have some prior knowledge of standard group facilitation language and techniques, and expects that anyone attempting to facilitate a group will have or seek group facilitation skills. **Group Facilitator Training specific to postpartum depression support groups is available through Pacific Post Partum Support Society.**

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