



## Steps to Wellness Before and After Baby

**FREE** virtual group program for pregnant and postpartum\* mothers who have been feeling any of the following: depressed, anxious, worried, angry, irritable, or overwhelmed.

- Free 9-week program
- Weekly group sessions led by trained Public Health Nurses
- Virtual group format with free personal workbook
- Referral and registration required
- Based on Cognitive Behavioural Therapy (CBT) model
- Learn about:
  - Tools to explore thoughts and feelings
  - The relationship between thoughts, feelings, and behaviours
  - Skill building activities and strategies to reduce symptoms

**Babies welcome!**



\*Up to 18 months postpartum

To learn more about this program and how to register, call Durham Health Connection Line at 905-668-2020 or 1-800-841-2729.

For more information about Perinatal Mood Disorders, supports and services visit: [durham.ca/PMD](https://durham.ca/PMD)



Durham Health Connection Line  
905-668-2020 or 1-800-841-2729  
[durham.ca/health](https://durham.ca/health)

Dial 311 (within regional limits)

If you require this information in an accessible format, contact 1-800-841-2729.

