

# Beyond Baby Blues: Understanding Postpartum Depression

October 28, 2024

1:30-3:00pm MST

The time after having a baby can be really intense. Moms feel a mix of emotions. From happiness, tiredness, love, uncertainty, sadness and even anger. Its like being on a rollercoaster of emotions. You might feel super excited one minute and then suddenly overwhelmed and unsure the next. These ups and downs are totally normal. Your body is going through a lot of changes, and taking care of a newborn is a big job. It's important to know that its okay to feel all these different emotions, you're not alone, and there are people who can help if you need support. Just remember every mom goes through this journey and its ok to ask for support and talk about how you're feeling.



## Learning Outcomes:

- Emotions and healthy boundaries
- Self-care, self-compassion, and mindfulness
- Communication and Healthy Relationships
- Next steps and resources

## Speakers:

Jessica Stokes, RSW. Family Support Facilitator

Robyn Macpherson, ECE, BA(ChSt), Family Support Facilitator



Target Audience: Pregnant moms, new moms, partners of moms, and professionals

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