

Baby Blues AND Beyond



Life with a new baby is not always what you expect. Post-partum blues, or baby blues, are common.

You are not alone!

Six-Week Group Sessions

Open to the community.

*Registration is required.

115 Clarence St. (Haynes Hall)
Seminar Room (First Floor)

Babies in arms welcome!

**Thursdays
2-3:30 pm**

First session:
Thurs., March 4,
to Thurs., April 15, 2021
(No session March 11)

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Group Goals

- For those struggling with postpartum anxiety, depression, or coping:
 - > provide a safe environment
 - > offer hope
 - > decrease isolation
- Offer a safe environment for women to share their experiences
- Help individuals:
 - > recognize and build on their strengths
 - > value what they do
 - > find ways to care for themselves
- Allow individuals to explore their feelings
- Support individuals to regain a sense of identity and increase their self-esteem

Week 1.

Introductions: Review group rules, etiquette, and expectations. Ask you to introduce yourself and, if you are comfortable, briefly share something about yourself and what you hope to get from the group.

Week 2.

Discussion topic: Having a new baby can be very isolating, especially during a global pandemic! What has your experience been like? How has this changed things for you? Share strategies for coping.

Week 3.

Discussion topic: Myths and expectations of motherhood. Life with a new baby is often not what you expected. Society, family, and your own

ideas can set unrealistic expectations for the reality of life with a new baby. This can result in “mother guilt.” What is realistic? How do the roles of women vs men differ? What has your experience been like?

Week 4.

Discussion topic: Who am I now? Validation of the importance of your role and managing your emotions.

Week 5.

Discussion topic: Self-care strategies — Learning to care for yourself and letting go of the guilt.

Week 6.

Discussion topic: Wrapping up and sharing what you are taking away.

If you are interested in participating in this six-week session, please call **613-533-9300** to contact Liz Hughson (ext. 73822) or Jessica Waller (ext. 73929) to register.