

# The Postpartum Group



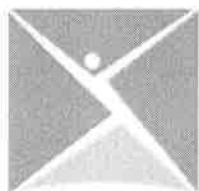
The Postpartum Group is a peer focused group to support mothers who are struggling with postpartum depression, anxiety, and/or a mood disorder.

Amy Harbinson who is a mom of 2 and who has lived experience with postpartum depression and anxiety will be facilitating this group. Amy is a Peer Support Worker for CMHA Grey Bruce.

If interested in participating in this group please call Amy at CMHA Grey Bruce at 519-371-4582

Consumer/Survivor Development Program (CSDP) is a program of CMHA Mental Health & Addiction Services.

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**Canadian Mental  
Health Association**

*Grey Bruce*

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