

Volunteer Opportunity

Peel Postpartum Mood Disorder (PMD) Peer Educator Program

The Peel Postpartum Mood Disorder **Volunteer Peer Educator Program** offers a great opportunity to help educate and support new families about a serious yet common disorder.



One in five women will experience depression and anxiety disorders during pregnancy or after the birth or adoption of a child.

- Volunteers are mothers who have experienced PMD therefore have a unique understanding of how it affects families and how to cope.
- Volunteers are trained by Public Health Nurses to deliver educational workshops that raise awareness and understanding about PMD.
- We welcome volunteers who speak any languages in addition to English and those who preferably have daytime availability during the weekday.
- The volunteer application process includes a telephone screen and interview (at your convenience) a police records search (free of charge to volunteer) and a volunteer commitment of at least 6 months.

If you are interested in becoming a Peer Educator, live in Peel and have personally experienced PMD please contact:

Region of Peel Volunteer Resources

905-799-7700

Training will take place on Saturday September 25, 2010 at the Region of Peel Office, 10 Peel Centre Drive, Brampton from 8:30 am- 4:30 pm.

Lunch will be provided.

