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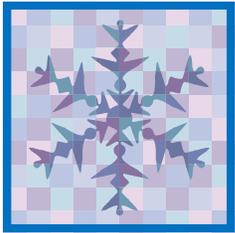
PPMD

Connection



# News from the Peel Postpartum Mood Disorder Committee

Fall 2015



*“No act of kindness, no matter how small, is ever wasted.”*

~ Aesop

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### Coordinators Corner:

2015 has been a busy year for the Peel Postpartum Mood Disorder program. The Steering Committee has been working hard to develop a new Strategic Plan which will guide the PMD program over the next three to five years. Our PMD Volunteers continue to be busy in the community delivering presentations to new parents. The [website](#) has seen a lot of activity with an increased number of visits over the past year. Our [PMD video](#) was launched in January and has received positive feedback. We wish all of you the best of the holiday season and peace, health and happiness in 2016!

~<http://www.pmdinpeel.ca>~

## Healthy Start Program

Peel Public Health offers a variety of free prenatal programs to meet the unique needs of pregnant women.

- The [Teen Prenatal Supper Club](#) is a free program for pregnant women under 25 years of age. At the program, clients learn to how stay healthy during pregnancy, how to cope with labour and birth, how to care for newborns and learn about breastfeeding. They also learn how to cook simple meals, while they meet other new moms over dinner and talk with Public Health Nurses, dietitians and social workers. Women are also able to find out about supports in their community and they receive food vouchers and prenatal vitamins. Women can attend weekly throughout their pregnancy until their baby is six months old.
- The [Healthy Start Program](#) is for women in need of extra support during their pregnancy. Women enjoy a healthy snack while learning how to stay healthy during pregnancy, how to cope with labour and delivery, how to care for newborns and they learn about breastfeeding. Public Health Nurses, dietitians and social workers are available to support clients during the program. Clients are provided with information about their community and they receive food vouchers and prenatal vitamins. Child care is provided for older children. Women can attend weekly throughout their pregnancy until their baby is three months old.

At Healthy Start and Teen Prenatal Supper Club, Public Health Nurses raise awareness of Postpartum Mood Disorders. Postpartum Mood Disorders can be debilitating for women in their child bearing years and can have impacts on the whole family and on their infant’s development. Nurses increase awareness of Postpartum Mood Disorders by facilitating group discussions about symptoms in yourself or others, what treatment options are available, and what concerns you may have about this issue.

At Healthy Start and Teen Prenatal Supper Club, we acknowledge and discuss the feelings of shame and stigma that often accompanies PMD. We connect many women and their families to culturally safe mental health supports before and after families welcome a baby into their lives. These programs help relieve suffering and isolation for women and their families living with postpartum mood disorders. They help families to reach out for help and feel supported.





## Support During The Holidays

Although we look forward to the holidays as a time for fun and fellowship with family and friends, for some the holiday season can increase stress and depression. With changes in routine, shifts in eating and sleeping patterns, more demands on our time (and our bank accounts!), and for some, family situations that bring dread instead of joy, it is no wonder that people can find themselves feeling anxious, tense and overwhelmed. For these reasons, it is important to take care of ourselves, as well as those around us. Maintaining sleep patterns as much as possible, not overindulging in holiday foods, and making time for even a quick walk outside may help to offset some of the frenzy around us. For more tips about managing stress during the holidays, visit the Mayo Clinic website page: <http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>

For those who are celebrating the first Christmas with a new baby, the demands on the family may feel even greater. Having guests in their own house or travelling to different homes with small children (and all of their “gear”) can feel overwhelming. Giving practical support, encouraging parents to have a break ...or even a nap, and helping them with housework or laundry can be important ways of helping parents to adapt to their new roles. It is important to be able to recognize the signs of stress and help those around us to reach out for help when needed.

There are supports and services available over the holiday season. Remember to visit the Resources page at [pmdinpeel.ca](http://pmdinpeel.ca) for a list of community programs.

Also remember that Peel Public Health Nurses are available to answer questions and provide resources over the phone on December 21st -23rd and on December 29th- 30th. Call 905-799-7700 to reach a nurse between 8:30 a.m. and 4:30 p.m.

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### Did you know?

Peel Public Health offers 5 Healthy Start program and 3 Teen Prenatal Supper Club Program across the Region of Peel. For more information about location and times of these programs please call 905-791-7800 or visit [parentinginpeel.ca](http://parentinginpeel.ca)

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## Dad's Space: Teen Prenatal Supper Club

Did you know that the Brampton and Mississauga [Teen Prenatal Supper Clubs](#) also offer Fathering groups? Once a month, a fathering facilitator meets with the young men participating in the Supper Club program. Topics include adjusting to fatherhood, being an involved father, co-parenting, attachment, and many others.

The fathers build relationships with each other, and support each other through the challenges of being young fathers.



*“Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home.” – Edith Sitwell*

