



**Tresillian**<sup>®</sup>

**COFFS HARBOUR**

*It's in our nature to nurture*

# Postnatal Depression & Anxiety

## GROUP



Up to **1 in 5** expectant or new mothers are affected by feelings of depression or anxiety.

**If you are experiencing these feelings, you are not alone.**

This eight-week therapeutic group assists in supporting mothers experiencing postnatal depression and/or anxiety in the period up to one year after birth.

The group aims to improve mood, reduce anxiety, improve communication, explore and increase attachment and connection with your baby.

The program includes an evening partner session, and a reunion four weeks after the end of the group sessions.

### WHEN

Date 1:  
Date 2:  
Date 3:  
Date 4:  
Date 5:  
Date 6:  
Date 7:  
Date 8:

### WHERE

### HOW TO BOOK

### IMPORTANT INFORMATION



NSW  
GOVERNMENT

**Health**

Mid North Coast  
Local Health District

[tresillian.org.au](http://tresillian.org.au)