



What does this group involve?

- 8 weekly sessions, 4-6pm at the Green Bean Play Café at Fairy Meadow
- sessions are bulk-billed under Medicare, so no cost to you
- coffee and light refreshments provided
- childcare available by accredited childcare workers provided by Illawarra Children's Services (why not pack your toddler dinner too?)
- newborns welcome as part of our therapy group
- this service is fully funded by the IDGP in collaboration with Illawarra Children's Services

Other services offered by IDGP

Individual therapy

Psychological assessment and treatment for problems such as depression, trauma or anxiety.

Sleep Better Group Program

A group program teaching people numerous strategies that promote longer and more restorative sleep.

Mental Health Nurse program

Nurses specialising in mental health provide support to those with chronic or complex mental health disorders.

All of these services are provided for free to those referred by their GP.

Contact details:

phone: 02 4226 7052
 fax: 02 4226 6489
 email: cps@idgp.org.au

Perinatal Group

Clinical Psychology Service
 Illawarra Division of General Practice



Are you concerned about how you're coping since the birth of your baby?

- Do you have trouble sleeping even when your baby is asleep?
- Do you get anxious over the littlest things that concern your baby?
- Are you irritable with everyone?
- Do you feel like your emotions are on a roller coaster?
- Are you often confused and feel like you can't concentrate, even on simple tasks?
- Do you feel like you're not the Mother you want to be?
- Do you feel like your baby would be better off without you?

Maybe you are struggling with a perinatal mood disorder. Our service aims to help you meet the emotional demands of parenting babies and small children in this challenging role.



Group therapy for Women with Post-natal Depression and Anxiety

In the year or so after childbirth, a woman's chances of developing a depressive illness are significantly increased.

Post-natal depression (PND) affects 10-20% of women.

The transition to motherhood involves adapting to huge physical, emotional and social changes. While some cultures have structures in place that are supportive of new parents, in our society **many mothers are given little preparation for, or support in, their new roles.**

Many women, believing that motherhood should always be blissful, feel too ashamed to tell anyone that they are not coping.

It's vital we talk about the struggles associated with parenting babies and small children and it's important you know **you are not alone and help is available.**

This group focuses on issues related to PND and recovery, such as emotions, experiences, and strategies for managing and recovering from PND.

Why group therapy?

- Evidence shows that group programs are very effective for treating a range of psychological problems, including post-natal depression and anxiety.
- It creates an opportunity for you to meet with other women with PND in a non-judgmental and supportive environment to share experiences and skills and to feel heard and validated
- Develop and extend your own supportive social network
- Explore different ways of managing PND that will help with your ongoing recovery