

Course Details

This group is an opportunity for you to meet other mothers who are experiencing postnatal depression and to share your experiences and your ideas on how to cope with depression.

Crèche facilities are available within the Children's Centre for the duration of the course. Whilst mother's may need to attend to their baby during the running of the course (e.g. for breastfeeding) we would encourage mother's to use the crèche facilities.

Over the 5 weeks that we have together in the group, we hope to help you develop some useful skills and to identify some of the factors that influence your mood and to better deal with all the competing demands of motherhood.

As you learn these skills we hope you will begin to develop a greater sense of control over your depression, and to experience more joy in your life and relationships, particularly the relationship with your baby.

Overview of each week

Session 1 - Why do I feel so bad?

Introduction to the group

What is Postnatal Depression? - A look at the symptoms and behaviours we may be experiencing

Supermum Myth – starting to challenge what are our expectations versus reality of being a parent

Session 2 - Plan it, Do it, Enjoy it!

The importance of pleasant activities - acknowledging how difficult it can be to take time to do enjoyable activities for ourselves, however big or small

Looking at ways to start doing some enjoyable activities and noticing the effect that can have on our wellbeing

Session 3 - Keep Calm and Carry on!

Relaxation on the run - help in providing practical ways to manage anxiety and stress in our busy lives

Starting to look at ways to recognise those signs and do something to help ourselves

Session 4 - Thoughts are not facts

Looking at ways to start to challenge some of those unhelpful thoughts that can affect what we do and how we feel

Session 5 - Keeping Well

Bringing all these skills together and starting to look at what has been helpful on the course to help keep us well