

# **Postpartum Depression Support Group**

Cheryl Osler, Ed.D., RN, LMHC, NCC  
South Hill Counseling

**Postpartum Depression** is moderate to severe depression in a woman after she has given birth. It may occur soon after delivery or up to a year later. Most of the time, it occurs within the first 4 weeks after delivery. With depression, sad, anxious, or “empty” feelings don’t go away and interfere with day-to-day life and routines. These feelings can be mild to severe. The good news is that most people with depression get better with treatment.

**Group therapy** is a very powerful and effective process for working on life issues and improving relational skills in the supportive community of others--who are there for the same reason. Groups are effective because this form of therapy has multiple resources provided by other members.

**Cognitive-Behavioral Model for Group Therapy** aims to solve problems concerning dysfunctional emotions, behaviors, and cognitions through a goal oriented, systematic approach.

**This is a Postpartum Depression Support group** that will meet every Wednesday evening from 5:00 PM to 6:15 PM beginning March 24<sup>th</sup> 2010. The fee is \$20.00 per group and is due at each session. The group will be limited to 7 members. Please call (509) 869-5050 for availability and a brief phone interview to ensure that this group will meet your needs.

**This group will meet** at the Deaconess Health and Education Center in Room 261. Please call for directions if needed.

Cheryl Osler, Ed.D. RN, LMHC, NCC  
(509) 869-5050  
osler@southhillcounseling.com  
www.southhillcounseling.com

South Hill Counseling