

## MOMS Program

### Testimonials from MOMS participants

*"I really liked the balance between sharing, support and counselling".*

*"It took many more months for the PPD to finally clear, but the experiences and tools that I gained from the MOMs group made it possible for me to work through my sad times, my angry times and my times of despair by focusing on what it was that led up to that moment and how to recognize it in the future."*

*"I quickly realized that I was in a safe, comfortable and understanding environment of non-judgmental mothers who understood me and who wanted me to become healthy as much as I did and as much as I wished for them."*

*"It was great to having some "me " time again and get support from other moms having a difficult time too. It was really validating and positive."*

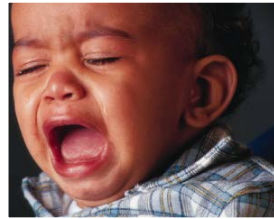


**Postpartum Distress, Depression  
and/or Anxious Moods**

**Family Services Ottawa/Services à La Famille Ottawa**  
312 Parkdale Avenue, Ottawa, ON K1Y 4X5  
T : 613 · 725 · 3601 Ext : 117  
Email : [intake@familyservicesottawa.org](mailto:intake@familyservicesottawa.org)

Funded By:





## **We Offer:**

**If you are experiencing some of the following during your pregnancy, after the birth or adoption of your baby:**

- Extreme fatigue
- Excessive crying or worrying
- Intense and overwhelming feelings
- Feeling sad, lonely, hopeless
- Difficulty concentrating, remembering or making decisions
- Difficulty connecting with your baby
- Isolation
- Anxiety symptoms and possible panic attacks
- Racing or concerning thoughts
- Difficulty in postpartum adjustment
- Feeling that something is not right

**You may benefit from attending our MOMS Program:**

- Assessment and referral to community partners
- Therapy Support Group
- Drop-In Support Services
- Individual, couple and family counselling services

**We welcome self-referrals.**

- Trained Mental Health Counsellors
- An opportunity to share with other women experiencing similar challenges
- Discuss postpartum distress, depression, and/or anxiety symptoms
- Explore impact on self and family
- Learn and practice tools for coping and recovery
- Information and support for partners and supporters



**Call: 613-725-3601 Ext: 117 to find out how we can help.**

**Website: [www.familyservicesottawa.org](http://www.familyservicesottawa.org)**

Services are available and accessible to all regardless of ethnicity, race, age, ability, gender, sexual orientation, income, and political or religious affiliation