

My Journey

At two months post-partum, I knew something wasn't right but I couldn't explain to anyone what was wrong using words that they understood.

Most people who thought that they understood and brushed off what I was experiencing as baby blues. I knew that it was much more than that, but I wasn't ready to use the word depression to describe where I was. I struggled for months in and out of the ER, doctor's offices and psychiatrist's chair's. I suffered from extreme insomnia, crying fits and felt nothing but resentment towards my child. They wanted to medicate me, but none of them actually wanted to treat me and help me understand and work through what I was experiencing.

Finally, at 9 months post-partum I came across the MOMs group in the middle of the night while I was searching around online in desperation trying to find anyone or anything that could actually help me. This was my turning point. I walked in to the first meeting with low-to-no expectations since nothing and no one had helped so far. One thing that still resonates from that first day of the group is that all the women, when asked what they hoped to take from the group, was to find a way to cope with what was going on. It was as if we had all given up and felt that there would never be an end to what we were experiencing. That was certainly how I felt.

I came to look forward to the meetings. 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. Working through scenarios, open discussions and partner night took a huge amount of weight off of my shoulders. With each confession or reassuring reaction I received I felt better about myself.

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. Not to belittle myself and instead commend myself for the feats that I had experienced and the progress that I had made.

I am now open about my struggles with PPD even with those who still don't understand. It isn't something to be ashamed of, I understand that now. You can work through it and the incredible counsellors in the MOMS program and the other Mom's will help you do it.

MOMS Group Participant