



Postpartum 101: What you need to know about Perinatal Mood Disorder.

In collaboration with Recovery Alberta and their Community Education Services, Families Matter presents “Postpartum 101” What you need to know about Perinatal Mood Disorder. Amanda McMillan, Manager of Community programs , B.A presenter.

This presentation focuses on the range of Postpartum experience, what to look out for, how to create space to talk about it, support yourself or a loved one.



<https://youtu.be/qdq5-SWEXpU>

