



Individual Counselling

Daytime and Evening
Appointments Available

\$30.00 per session

Located at the
University of Alberta

Clinical Services
I-135 Education North
11210 – 87 Avenue

MATERNAL AND REPRODUCTIVE MENTAL HEALTH COUNSELLING SERVICES

JANUARY 2019 – APRIL 2019
(New clients being accepted until February 8, 2019)

Are you or your partner struggling with thoughts and/or feelings of sadness, worry, anxiety, rage, worthlessness, or loneliness during pregnancy or following the birth of your child?

You may benefit from talking with a trained professional about your feelings.

Worldwide, 20% of women and 10% of men suffer from perinatal mood and anxiety disorders (PMADs). More women suffer from PMADs than there are new cases of breast cancer. This Fall, Chelsea Hobbs, a doctoral student in the counselling psychology program at the UofA is providing low-cost individual counselling services to women or their partners who are experiencing PMADs following childbirth and for pregnant women with a history of these concerns. Chelsea will be supervised by Dr. Gina Wong, a Registered Psychologist who has specialized in reproductive and maternal mental health for over 15 years. Further, both Chelsea and Dr. Gina Wong have completed certificate training on Perinatal Mood and Anxiety Disorders through Postpartum Support International (PSI).

If this sounds like a service you could benefit from, or if you would like to learn more, please contact Chelsea Hobbs at (780) 492-3746.

You are not alone. You are not to blame. With help, you will be well.

**For more information
or for your Free Intake
contact Chelsea Hobbs:**

Email: clin1704@ualberta.ca

Phone: (780) 492-3746



POSTPARTUM SUPPORT
INTERNATIONAL