

# Community Education Service



*Improving emotional health and wellbeing*

## Postpartum 101

What you need to know about Perinatal Mood disorder

**Amanda McMillan BA., Manager of Community Programs**  
**Families Matter**

The focus of this presentation will be on discussing the range of the Postpartum experience and all that it can encompass. Focusing on what to look for, how to create space to speak about it, and to spend some time discussing how to support yourself, or a loved one, where this may be a concern.

This discussion can never happen too early or too late, and all are welcome to join, wherever you happen to be on your prenatal/postpartum journey.



**June 16<sup>th</sup>, 2026**

**1:00 PM – 2:30 PM**

**[Click here to register](#)**

**FREE**



This session is presented by the **Community Education Service** of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of **Recovery Alberta** and **Families Matter**.

[ces@recoveryalberta.ca](mailto:ces@recoveryalberta.ca) | <http://community.hmhc.ca> | 403 955 4730