



A self help group for women diagnosed with Postnatal Depression

AIMS

- To offer and **access resources** related to Postnatal Depression.
- To **liaise with professionals** in the community who can assist with the promotion of the PND group and the referral of participants.
- To allow women to **attend group meetings** for any length of time they feel necessary to meet their individual needs.
- To offer women in the community **additional support**.
- To **unite** women who are suffering Postnatal Depression.
- To **prevent isolation** and feelings of loneliness.
- To **provide education** and strategies in relation to physical and mental well-being via volunteer professional health experts.
- To provide participants with an opportunity to **share current, relevant issues** and concerns in a caring, non-judgemental and confidential atmosphere.

OUR PHILOSOPHY

W.I.S.H.E.S. has been established to offer women living within the Bendigo Region the opportunity to gain additional support during their journey of recovery.

ADDITIONAL INFORMATION

- The group is open for you to attend meetings that suit you, **at no cost**
- Meetings are **offered fortnightly**, rotating between formal and informal evenings
- During informal meetings, group participants are given the opportunity to **share current, relevant issues** and concerns with other women who are in the recovery process, or suffering from Postnatal Depression
- During formal meetings, a variety of professional guest-speakers will be discussing an array of **relevant topics** related to Postnatal Depression such as:
 - *Confidence building*
 - *Rewards and challenges of parenting*
 - *Pharmaceutical advice in reference to anti-depressants*
 - *Nutritional importance of healthy eating*
 - *Replacing negative thoughts with positive thoughts*
 - *Relaxation techniques*



For further information please feel most welcome to telephone one of our group facilitators, Monday through Friday from 10 am to 6 pm:

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