

WEST END:

Parkdale Community Health Centre – Postpartum Mood Disorders Support Group

The Women's Connection Program offers a weekly maternal support program aimed at individuals who are experiencing symptoms of post partum mood disorders or would like to learn more about PPMD and live in the west end of Toronto. This group takes place on Tuesdays from 2pm-4pm. Childcare is provided.

<http://www.pchc.on.ca/programs-services/womens-connection-program/postpartum-mood-disorders-support-group.html>

Credit Valley Hospital – Women's Reproductive Mental Health Program

This program provides assessment, consultation and treatment for women who experience emotional and or mental health issues during pregnancy or during the postpartum period. Diagnostic criteria may include: mood disorders, anxiety disorders, psychotic disorders, grief due to pregnancy loss.

Service Provided:

- Diagnostic consultation
- Medication consultation
- Individual therapy
- Marital therapy
- Support group
- Partners education workshops
- Bereavement counseling

Location:

The Credit Valley Hospital
2200 Eglinton Avenue West
Mississauga, ON L5M 2N1
Mental Health Services 2 – 2nd floor F block

Contact:

Monday to Friday 8:00 a.m. to 4:00 p.m.
Tel 905-813-1550
Fax 905-813-4502

<https://trilliumhealthpartners.ca/patientservices/womens/Pages/reproductive.aspx>

SOUTH-EAST END:

Regent Park Community Health Centre – Parents for Better Beginnings

Groups focus on the ages and stages of child development increasing parents' knowledge about their children's behavior and health and wellbeing; and, to increase parents' own self confidence, coping skills and problem-solving skills.

Short term series groups and workshops are offered at various times of the year. Most groups run about 4 to 8 sessions per series. All are geared to parents with children between the ages of prenatally up to age six, living in Regent Park and surrounding neighbourhoods.

Examples of groups include:

- ABC Babies & Mom Yoga
- Come and Play
- Come Dine with Me
- Chronic Pain For Women With Young Children
- Make the Connection
- Mother Goose
- Nobody's Perfect
- Fun With Parenting
- Handle With Care
- Pre-and Postnatal Education and Support
- School Readiness Parenting Group

Parents for Better Beginnings Centre
38 Regent Street – Upper Level
Toronto, ON M5A 3N7
Phone: 416-362-0805

Regent Park Community Health
465 Dundas Street East
Toronto, ON M5A 2B2
Phone: 416-364-2261

<http://www.regentparkchc.org/infant-child-development/parent-and-child-groups>

<http://www.regentparkchc.org/infantchild-development/parents-better-beginnings-model>

South Riverdale Community Health Centre – Postpartum Adjustment Program

This group program offers information and support to new mothers who are feeling sad, overwhelmed, anxious or alone. The Postpartum Adjustment Program is offered in conjunction with Toronto Public Health, Alternatives (East York Mental Health Counseling Agency), the Toronto East General Hospital and the South-East Toronto Family Health Team. Free childcare and snacks provided.

<https://www.srchc.ca/program/postpartum-adjustment-program>

SERVICES IN NORTH TORONTO

Sunnybrook Health Sciences Centre - Women's Mood & Anxiety Clinic: Reproductive Transitions

The Women's Mood and Anxiety Clinic: Reproductive Transitions specializes in mood and anxiety disorders that women can experience across the lifespan — especially during pregnancy, postpartum, perimenopause and post-menopause.

As the clinic is evolving, currently we are focusing on the assessment and treatment of perinatal mood and anxiety disorders. We have expertise in the use of both psychotropic medication and psychotherapy during pregnancy and postpartum. Both outpatient and inpatient services are provided.

Women's Mood & Anxiety Clinic: Reproductive Transitions
Sunnybrook Health Sciences Centre
2075 Bayview Avenue
Toronto, ON M4N 3M5
Phone: 416-480-5677

<https://sunnybrook.ca/content/?page=women-mood-anxiety-clinic-reproductive-transition>