

# Postpartum Depression and Psychosis

Understanding Early  
Warning Signs and  
How Family and  
Friends Can be  
Supportive

## SPEAKER



**Dr. Carrie Lionberg**  
Clinical Health  
Psychologist

Having a baby is often regarded as a time of great happiness and fulfillment in a woman's life.

However, a substantial number of women may not experience

this ideal notion of motherhood and instead find themselves challenged by depressed

and anxious mood, problems coping with the demands of daily tasks, and in some instances, may be struggling with frightening thoughts and experiences about themselves and/or their children. At the extreme, a woman may feel that she is at risk of endangering her own safety or that of her infant and other children in her care. This presentation will provide information about what may be early warning signs and symptoms of postpartum depression or anxiety, including a rarer range of symptoms that may emerge and complicate mood functioning, known as psychosis. Discussion will also include focus on what concerned family members and friends may do to support a mother who is struggling with postpartum mood and adjustment issues.

**Wednesday, September 18, 2013**

**Community Classroom,  
McNally Robinson Booksellers**

1120 Grant Avenue Winnipeg

Cost: \$10.00 (partial proceeds to Canadian Mental Health Association, Winnipeg Region)

**SPEAKER** 7:00-8:00 p.m.  
**PANEL AND QUESTIONS** 8:00-9:00 p.m.

## MODERATOR

Nicole Chammartin, Executive Director  
Canadian Mental Health Association, Winnipeg Region

## PANEL

Dr. Carrie Lionberg, Assistant Professor & Clinical Health Psychologist

University of Manitoba - Faculty of Medicine

Laurie McPherson, Mental Health Promotion Coordinator  
Winnipeg Regional Health Authority

Jody Thomson, Mothers Program Team Leader  
Women's Health Clinic

Nicole Gamble, Registered Nurse, PPD, PPA & PPOCD Survivor  
& PPD Support Group Facilitator and Peer Support,  
Mood Disorders Association of Manitoba

Pre-registration required. Limited space so please sign-up soon. Register at McNally Robinson Booksellers, 1120 Grant Avenue or by telephone at 204-475-0483, by fax at 204-475-0325, or online at [www.mcnallyrobinson.com](http://www.mcnallyrobinson.com) under the Community Classroom Tab under the Health heading of classes.

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