

# Maternal Mental Health Support Group



**Are you a new mom or dad who may be struggling with  
Postpartum Depression and need support?**

**You are not alone!**

**A support group can be helpful to provide  
guidance, education, acceptance, and coping strategies.**

**Date: Fridays**

**Time: 9:30 to 11:30 a.m.**

**Place: Strong Start Family Center Boardroom**

**679 Hall Street West**

**Contact PPD Facilitator Sue Rader at  
[susan.rader@saskhealthauthority.ca](mailto:susan.rader@saskhealthauthority.ca)**

**Drop-ins welcome!**



**Saskatchewan  
Health Authority**



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