



Early Parenthood Support Workshop for 2SLGBTQ+ Parents

Join us for an afternoon of conversation and peer support where we explore the challenges of early parenthood for 2SLGBTQ+ parents and the gaps in postpartum support services for our families.

Many people experience mental health struggles after the birth or adoption of a child (or children), including depression and/or anxiety, but most don't talk about these challenges or know where to turn for help. If this sounds familiar now or in the past, we invite you to join us.

- **Date:** Feb. 8, 2020 **Time:** 1-3pm
- **Where:** Kiwassa Neighbourhood House, 2425 Oxford St, Vancouver

We hope to:

- Create a low-key space for 2SLGBTQ+ folks to come together to connect and offer support to one another
- Share our stories of struggle with mental health challenges after birth or adoption
- Help to improve current support services by identifying gaps before and after birth or adoption
- Start creating a network of support for our families

Postpartum Support Society Facilitators Clare Zeschky and Emily Garner, have lived experience with PPD/A. Emily is a queer mom parents her 3 kids with her trans partner.

Accessibility: Gender-neutral washroom and childcare on site. Transportation reimbursement – please let us know if we can provide other supports for your participation

Hosted by: Pacific Post-Partum Support Services and the Women's Health Research Cluster

Guiding principles:

- *We believe that PPD and PPA are multi-dimensional problems with social factors such as discrimination, isolation, poverty, lack of childcare, and the stressful nature of parenting playing important contributing roles.*
- *We use a peer support model because it is healing for parents to share experiences, in confidence, and to receive non-judgemental support and understanding from other 2SLGBTQ+ parents with similar experiences.*
- *We believe that parents are powerful and can help each other to change their situations, collectively and individually.*

Interested? Please confirm your attendance before Jan. 31st: emily@postpartum.org.

