

St. Clair

Child & Youth Services



Main Office

**129 Kendall Street
Point Edward, ON N7V 4G6**

Phone: 519-337-3701

Fax: 519-337-7750

Other Sites

For a complete list of services provided at satellite locations in Lambton County, please visit our website.

www.stclairchild.ca



Postpartum Adjustment Program

We provide individualized and accessible services to any mother who is experiencing postpartum depression or anxiety during her infant's first year.

Life with a new baby is not always what you expect. 1 in 5 mothers will experience some degree of postpartum depression or anxiety following the birth of a baby

Our services may be a good fit for you if for more than 2 weeks you notice any of these symptoms:

- No interest or pleasure in activities you used to enjoy
- Feel overwhelmed and unable to concentrate
- Don't feel like yourself
- Don't feel connected to your baby
- Feel irritable, anxious, or angry
- Feel hopeless or alone
- Feel exhausted, yet unable to sleep
- Reduced enjoyment in spending time with your baby, partner, family or friends
- Disturbing thoughts or images that keep coming back

Our Team will work with you to ensure that you and your family get the supports you need.

Remember: This is not your fault. You are not alone. We can help. Please call 519-337-3701, ext. 3 and speak to a member of the Postpartum Adjustment Team.

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