The Perinatal Mental Health Service provides evidence-based psychological services for new and expecting parents focused on mental health and well-being. We are accepting referrals for two virtual groups in Fall 2020:

**Perinatal Anxiety Group**  
A 6-week cognitive-behavioural group for pregnant and postpartum women to manage symptoms of anxiety and depression.

**Postpartum Adjustment Group**  
A 6-week group for postpartum women about the transition to parenthood, focusing on emotional and physical well-being.

**Fees.** Our services are offered on a sliding scale based on income, with fees ranging from $10 to $75 per group session. A limited number of no cost spaces will be offered for each group.

**Referrals.** Clients may self-refer or be referred by a healthcare provider through our electronic referral system (provided below) or by fax (613-533-3283). We will schedule a telephone call with each person referred to provide more information about our current programs and determine together if our service is a good fit for the person’s current needs.

Please visit our website or scan the code for information about current and upcoming programs:

queensu.ca/psychology/psychology-clinic/services/perinatal-mental-health-service