

Perinatal Mental Health Resource List



Clinics

Womenmd - Groups for CBT, mindfulness etc.

<https://www.womenmd.ca>

CARES

<https://www.islandhealth.ca/sites/default/files/2018-07/CARES-brochure.pdf>

Public Health

Right from the Start

<https://www.islandhealth.ca/our-services/pregnancy-birth-services/right-start>

Victoria Native Friendship Centre - Slaheena Group

<http://www.vnfc.ca/programs-services/slaheena-aboriginal-parenting>

Best Babies Prenatal Groups:

Fernwood Neighbourhood Resource Group

<https://fernwoodnrg.ca/fernwood-nrg-programs/family-programs/best-babies/>

Quadra Village Community Centre

<https://www.quadravillagecc.com/best-babies>

Esquimalt Neighbourhood House

<https://www.enh.bc.ca/families/>

Saanich Neighbourhood Place

<http://saanichneighbourhoodplace.com/programs/parent-education/>

Counselling

Bounce Back Program

<https://bouncebackbc.ca>

CBT Skills Group

<https://www.divisionsbc.ca/sites/default/files/users/user55807/Patient-Information.pdf>

Specializing in pre- and post-natal depression/anxiety:

Traci McGee

<http://www.tracimcgee.ca>

Sarah Nakatsuka

<http://sarahnakatsuka.com>

Theresa Gulliver

<http://theresagullivercounselling.com>

Monica Pearson

<https://www.theintentionalpath.ca/services>

Support Groups

Postpartum Mindfulness Group, Elements of Health Centre

<https://www.elementscentre.ca/mindfulness/>

Motherhood Circle, Mothering Touch

<https://www.motheringtouch.ca/classes/classes-for-new-parents/>

Public Health Postpartum Anxiety and Depression

<https://www.islandhealth.ca/our-services/children-youth-services/public-health-nursing>

Online Resources

Victoria Pregnancy Centre

<https://www.victoriapregnancy.org>

BC Children's Hospital - Reproductive Mental Health

<https://reproductivementalhealth.ca>

Anxiety Canada

<https://www.anxietycanada.com>

Pacific Postpartum Support Society

<http://postpartum.org>

Perinatal Anxiety BC

<http://perinatal.anxietybc.com/>

Solace for Mothers

<https://www.solaceformothers.org>

Life After Miscarriage

<https://www.lifeaftermiscarraige.ca/resources>

Vancouver Island Crisis Line

<https://www.vicrisis.ca>

Perinatal Services BC

<http://www.perinataleservicesbc.ca>

This Way Up - Online course

<https://thiswayup.org.au>

Postpartum Depression

<http://victoria.cmha.bc.ca>

Reproductive Mental Health

<https://reproductivementalhealth.ca/>

Books / Podcasts / Videos

Mindful Birthing - Nancy Bardacke

<https://www.amazon.ca/Mindful-Birthing-Training-Childbirth-Beyond/dp/006196395X>

Baby's Best Chance Booklet

<https://www.healthlinkbc.ca/babys-best-chance>

The Pregnancy and Postpartum Anxiety Workbook

<https://www.newharbinger.com/pregnancy-and-postpartum-anxiety-workbook>