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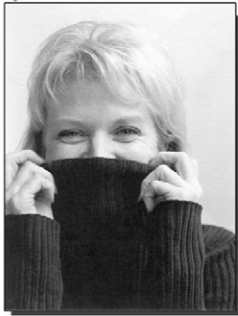
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**Take this test:
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Tracy Mitchell D.D.

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Telephone: (519) 853-0079 Fax: (519) 853-1134



WE'RE COOKING WITH GAS: Ron's Burner Service Grand opening shows Ron & Marie White & Son with staff & Councillors Clark Somerville & Jon Hurst. - Gord Dowling photo

Halton hosts Postpartem Mood Disorder Forum

New mothers arriving home after having a baby sometimes experience unexpected darkness, despair and depression.

On September 11, more than 120 community professionals that work in the area of identifying and treating Postpartum Mood Disorders (PPMD) gathered at a Halton forum to help women turn those feelings into hope, healing and wholeness.

They also worked to establish priorities and plans to help Halton families living with PPMD. PPMD is the term commonly used to describe the range of mood disorders affecting women following the births of their babies.

"We know that up to 80 per cent of new mothers will experience postpartum blues, and another 10 to 20 per cent will experience postpartum depression," said Dr. Bob Nosal, Halton Region's Medical Officer of Health.

Canadian singer and songwriter, Amy Sky, made a guest appearance at the forum to share her moving PPMD survivor story.

Other featured speakers, included:

Dr. Cindy-Lee Dennis, BScN, MScN, PhD Associated Professor, Lawrence Bloomberg Faculty of Nursing, University of Toronto, who spoke about the effect of peer support offered over the telephone to a high-risk mothers.

Dr. Wendy Sword, BScN, MSc (T), PhD, Associate Dean (Research) and Associate Professor, McMaster University, who spoke about women's experiences seeking care for postpartum depression.

Stephanie Bissell, MSW clinic social worker, Women's Health Concerns Clinic, St. Joseph's Hospital, Hamilton, who spoke about their clinic's approach to, and treatment of, women with PPMD.

Families or professionals can call Halton Region at 905-825-6000, toll free 1-866-4HALTON (1-866-442-5866), TTY 905-827-9833, to speak with a nurse regarding PPMD or to refer to the Healthy Babies, Healthy Children program for ongoing support.

Over 1,000 children benefit from Library summer reading program

To the Editor:

The staff at Halton Hills Public Library would like to say thank you to everyone who helped make our summer reading programs such a huge success! With the enthusiastic assistance of our summer students and volunteers we kept almost one thousand children reading over the summer in our Lost Worlds Summer Reading Club. We would like to acknowledge those parents who encouraged their children to participate, thereby fostering a love of literacy. We are grateful for the efforts of our community newspapers for promoting our programs. Finally, we would like to acknowledge the generosity of the branch managers at TD Canada Trust in both Georgetown and Acton for providing prizes. Thank you, thank you, thank you!

Sincerely Yours,
Halton Hills
Public Library
Children's and Youth
Services Staff



The Regional
Municipality of Halton
www.halton.ca

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For further information contact

Halton Region

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or email: Bronwyn.Spotton@halton.ca

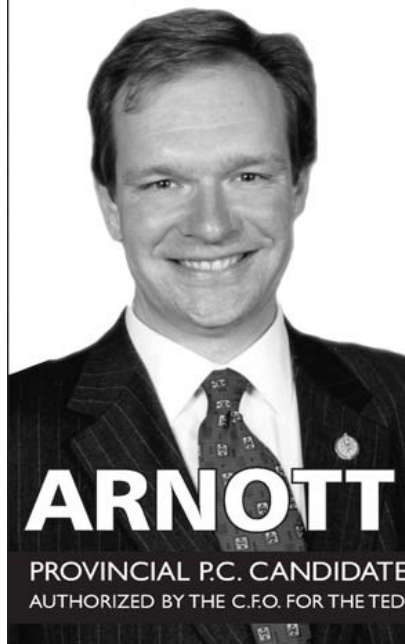
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- NATIONAL POST

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