



## **Free mental health support group in Smiths Falls open to new and expecting moms**

**December 9, 2024** – New moms and pregnant women looking for support with managing their mental health during the transition to motherhood can register for a new perinatal support group in Smiths Falls offered by Lanark Leeds Grenville Addictions and Mental Health (LLGAMH), with support from the Leeds, Grenville and Lanark District Health Unit.

The group, *Managing Your Mental Health with a New Baby*, is a 6-week, in-person program that will meet every Wednesday starting in January 2025. The psychoeducation group focuses on the mental health challenges that can come with becoming a mother. Themes include perinatal anxiety and depression, the maternal emotional experience, identity issues and self-care, managing worries and fears, perfectionism and comparison concerns, and self-doubt and judgement issues.

“Programs and support specifically for perinatal mood disorders have been recognized as a significant gap in our community services,” said Jenny Vandermeer, Manager with the Clinical Services Department at the Leeds, Grenville and Lanark District Health Unit. “We are excited to support the launch of this new service in the Smiths Falls area.”

Sara Hammel, Registered Social Worker at LLGAMH, and Oliva Lundy, Registered Psychotherapist at LLGAMH, will co-facilitate the *Managing Your Mental Health with a New Baby* Group.

“The group is about giving women a space where they can talk about their experiences freely,” said Sara.

Olivia added, “We are offering the session in person to facilitate connections between the women. It can be helpful to share and hear about how other people experience the transition to motherhood.”

The first session is on Wednesday, January 22, 2025, from 10 to 11:30 am at 179 Elmsley St. N., Smiths Falls. There is no cost to participate.

New moms and pregnant women can self-refer to the *Managing Your Mental Health with a New Baby* Group. To register or inquire for more information, please get in touch with the LLGAMH Central Intake at 613-342-2262 ext. 5388 or email Tammie Pelttari at [pelttarit@llgamh.ca](mailto:pelttarit@llgamh.ca).

If you are pregnant or a new parent interested in home visiting support, visit the Healthy Babies Healthy Children Program webpage for more information: [Healthy Babies, Healthy Children - Leeds, Grenville and Lanark District Health Unit](#). You can also get more postpartum information here: [After Pregnancy/Postpartum - Leeds, Grenville and Lanark District Health Unit](#)

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