

Perinatal Disorders Day Program



Who is the Program for?

If you are experiencing emotional or psychological difficulties, such as depression or adjustment, during pregnancy or in the postnatal period this program may be of benefit to you.

Program content

- Understanding anxiety
- Understanding depression
- Challenging distorted thinking
- Anxiety management
- Anger management
- Exploring values
- Views of motherhood
- Lifestyle balancing
- Assertive communication
- Goal setting
- Relaxation
- Managing perfectionism
- Self esteem
- Coping with change
- Mindfulness

Further information contact:

Therapy Program Coordinator

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About the Program

The Perinatal Disorders (PND) Program is a half day program conducted over 10 weeks, which is designed for women who are experiencing emotional or psychological difficulties through pregnancy or after the birth of their child. The program is based on the principles of Cognitive Behaviour Therapy (CBT) and has been developed from current research into perinatal disorders and international standards of treatment for these disorders.

The program aims to build confidence and self esteem, and assist with the development of skills and strategies for coping and managing emotions.

When is it held?

The Perinatal Disorders (PND) Program is a 2 ½ hour program held once a week over 10 weeks. Light refreshments are provided.

How to join?

If you are interested in attending the Perinatal Disorders (PND) Program, you will need to discuss this with your treating Doctor who will assess your suitability and, if appropriate, provide a referral.

How much does it cost?

You will be admitted as a day patient. Please check with the Central Coast Clinic Day Program staff, who will advise of any applicable out-of-pocket excess or gap costs that you will incur. A quote can be provided if you do not have private Health Insurance.

Transport options may be available.

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