



## Celebrating the circle of life: Coming back to balance and harmony

<https://libraries.phsa.ca/permalink/catalog112533>

[http://www.perinataleservicesbc.ca/NR/rdonlyres/361F0C20-FDC5-499E-AC8D-D0F2A0494597/0/Circle\\_of\\_Life\\_FINAL\\_CompleteGuide\\_March2013.pdf](http://www.perinataleservicesbc.ca/NR/rdonlyres/361F0C20-FDC5-499E-AC8D-D0F2A0494597/0/Circle_of_Life_FINAL_CompleteGuide_March2013.pdf)

The BC Reproductive Mental Health Program in collaboration with Perinatal Services BC. B.C.: BC Mental Health and Addictions Service & Perinatal Services BC , 2013. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: GN 400 CEL 2013

“ This guide discusses how baby blues and depression may affect women's physical, mental, emotional and spiritual well-being and what to do if that occurs. ; Part 1 - Basic Aboriginal Teachings ; Part 2 - Pregnancy, Childbirth, and the first year of being a parent ; Part 3 - Feelings during Pregnancy...



## Coping with depression during pregnancy and following the birth

<https://libraries.phsa.ca/permalink/catalog111842>

[http://www.cw.bc.ca/library/pdf/BCRMH\\_coping\\_final\\_web2.pdf](http://www.cw.bc.ca/library/pdf/BCRMH_coping_final_web2.pdf)

Haring, Michelle, Smith, Jules E., Bodnar, Doris, Ryan, Deirdre. [Vancouver, BC]: BC Mental Health and Addictions Services , 2011. (Book) — 2 copies, [2 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: GH 400 HAR 2011

“ Provides information for women regarding depression during pregnancy and following the birth. ; Includes: Introduction for Health Care Providers; Information for Women; Getting Help - Treatment Options, Cognitive Behaviour Therapy; Self-Care: The NEST-S Program; Action - Making Positive Changes, Ch...