Mindfulness for Mental Health in the Perinatal Woman

Speaker: Dr. Fulroop Sidhu
Psychiatrist, BC Reproductive Mental Health & Infant Psychiatry Programs

Learning Objectives:
- Familiarity with mindfulness-based interventions in psychiatric conditions
- Familiarity with specific mindfulness interventions in pregnancy and postpartum
- Mindfulness-guided exercises.

Tuesday, March 10th 2015
12:00-1:00 PM

Join Via Telehealth or Teleconference
If you would like to attend via Telehealth, please respond to kthomaspeter@cw.bc.ca by March 4th 2015 with the following information:
1) Your location (city/hospital) and preferred Telehealth site/room
2) A contact person for your site who will be responsible for:
   - Arriving 15 minutes early to participate in the test call
   - Distributing slides, evaluation materials and a sign in sheet

For Teleconference, contact kthomaspeter@cw.bc.ca for connection details.

The Reproductive Mental Health Academic Rounds are a self-approved group learning activity (Section 1) as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada.

Presented by:
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Part of BC Mental Health & Addiction Services
An Agency of the Provincial health services Authority
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