

# WSNM-Kassy's Kause Workshops 2025

## Perinatal Depression Awareness



Kassy's Kause Classes 2025: meets 1 time, once a month

Classes are FREE

Spouses/Family Members Welcome

Learning the Difference between Baby Blues & Postpartum Depression		
Day	Time	Date
Friday	9:30am-11:30am	May 16
	9:30am-11:30am	July 18
	9:30am-11:30am	September 19
	9:30am-11:30am	November 21

Recognizing Perinatal Depression		
Day	Time	Date
Friday	9:30am-11:30am	June 6
	9:30am-11:30am	August 22
	9:30am-11:30am	October 24

**All classes are held via Zoom and In-person at our Downtown Office: 1001 Coal SE**

For more information and to schedule a class call: Sophia Alderete, Care Coordinator  
Call: 505-373-4036 or Email: [salderete@wsnm.org](mailto:salderete@wsnm.org)

**Register on our website: [WSNM.org](http://WSNM.org) → Wellness and Education → Pregnancy**