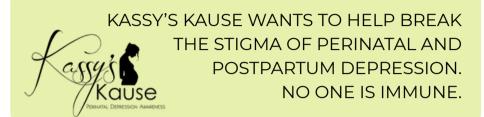
## Kassy's Kause Workshop 2025

in collaboration with



## WOMEN'S SPECIALISTS OF NEW MEXICO



Starting May 16<sup>th</sup>, we will be introducing workshops in partner with Kassy's Kause to bring awareness and help recognize the signs of perinatal and postpartum depression.

Perinatal Depression is very common, but it's only now starting to be openly discussed. No mother should ever feel alone, and no mother should carry the weight of blame. We are excited to join forces with Kassy's Kause to make sure mothers' voices are heard and they are provided with the support that they need.

**Register** on our website for in-person or virtual classes for scheduling and join us for our <u>FREE</u> workshops! (https://wsnm.org/education/pregnancy/) or contact: Sophia Alderete (salderete@wsnm.org or call: 505-373-4036)

All In-person classes will be held at our Downtown Location: 1001 Coal Ave SE Albuquerque , NM 87106 505-843-6168

## **Upcoming Workshops**

IN PERSON OR VIA ZOOM

May 16 @ 9:30 – 11:30 Learning the Difference between Baby Blues & Postpartum Depression

June 6 @ 9:30 – 11:30 Recognizing Perinatal Depression

July 18 @ 9:30 – 11:30 Learning the Difference between Baby Blues & Postpartum Depression

August 22 @ 9:30 – 11:30 Recognizing Perinatal Depression

September 19 @ 9:30 -11:30
Learning the Difference
between Baby Blues &
Postpartum Depression

October 24 @ 9:30 -11:30
Recognizing Perinatal
Depression

November 21 @ 9:30 – 11:30 Learning the Difference between Baby Blues & Postpartum Depression

