

Kassy's Kause Workshop 2025

in collaboration with



WOMEN'S SPECIALISTS OF NEW MEXICO



KASSY'S KAUSE WANTS TO HELP BREAK
THE STIGMA OF PERINATAL AND
POSTPARTUM DEPRESSION.
NO ONE IS IMMUNE.

Starting May 16th, 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 FREE 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