



Our Baby Chat Café is a great place to meet other parents



Jeffery Hale

How to get here

Jeffery Hale Community Services is located in the pavilion at 1270 chemin Sainte-Foy in Québec. There is lots of free parking, just bring in your parking coupon to be stamped.

By bus, you can take the #7 along Chemin Sainte-Foy, or the #800 or 801 on Boulevard René-Lévesque, then walk down Avenue Holland. Please tell us if getting to the centre is a problem for you.



For more details, please call Jeffery Hale Community Services at:

418 684-JEFF (5333), ext. 1580

Community Services, located in the Jeffery Hale Pavilion, is open Monday to Friday, 8:30 AM - 4:30 PM

One number

If you live in the Greater Quebec City region and would like health and social services in English, please call the Jeffery Hale at:

» **684-JEFF (5333)**
1-888-984-5333 toll-free

- Emergency room
- Diagnostic services
- Geriatric services
- Community services in English (formerly known as Holland Centre)



Jeffery Hale

418 684-JEFF (5333)
1250, ch. Sainte-Foy
Québec QC G1S 2M6

www.jefferyhale.org

Baby Blues



**when they
won't
go away...**

02/19/2008

www.jefferyhale.org





More than the blues

Most new moms feel tired and teary after the birth of their baby. Happy one minute, sad the next. These feelings should go away within a couple of weeks.

Postpartum Depression

One in 5 to 10 new mothers may feel depressed.

It may happen...

- right after birth or months later
- after giving birth to any child (not just your first)
- after adopting a child

You may...

- cry
- withdraw
- have trouble sleeping or eating
- have headaches, chest pain or trouble breathing

You are not alone,
help is out there...

You may feel

- Sad
- Nervous
- Guilty
- Restless
- Unsure
- Worried
- Panicky
- Worthless
- Trapped
- Angry
- Hopeless
- Numb

You are not alone

Please call Jeffery Hale Community Services. One of our nurses or social workers will:

- ✓ Talk to you on the phone or visit you
- ✓ Put you in touch with other moms and community services
- ✓ Share up-to-date information

Help is a phone call away. Everything you tell us will be kept private:

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What to do

- Take a break away from your baby
- Be kind to yourself
- Try to rest; sleep when your baby sleeps
- Eat well
- Make time to exercise; go for a walk
- Limit intake of alcohol and drugs
- Ask for help with housework
- Tell yourself it's okay to cry sometimes
- Take one day at a time
- Be flexible; don't expect to be the perfect parent
- Join a parent exchange group
- Talk to your doctor
- Talk to someone you trust

We can help you
get through this...