

## **Group Therapy Support Programs - Dr. Jane Carr**

### Postpartum Depression Support Groups

Developed and run with Postpartum Depression Awareness Ltd. [www.ppda.ca](http://www.ppda.ca)

This non-profit organization was founded by the Executive Director, Tascheleia Marangoni.

Dr. Jane Carr is the Director of Support groups and the Edmonton Chapter Director. For women and their families who need information and support as they experience Perinatal Mood disorders.

Wednesday morning (9:30-11:30am) at St John's Institute (11024-82 Ave.)

Wednesday afternoon at (1-3pm) at Willowby Community Hall (6315-184 Street)

### Healing Dance Weekly Therapeutic Group

Developed and run with Vireo Karvonen M.Ed.

For women who are feeling depressed and disconnected. This group is particularly helpful for any woman who finds she is "burning out" in the role of a "caregiver"

Thursday 11am-2pm at St. John's Institute

Fridays 11am-2pm at St. John's Institute

### Healing Through Loss Support Group

Developed and run with Rita Balanko M.A. Registered Psychologist

For any adult who has experienced loss of any kind, including through death (human or animal), divorce, illness, and underemployment.

Monday 4-6pm at St. John's Institute

### Healing Circle Support Group

Developed and run with Rita Balanko M.A. Registered Psychologist

For any adult who is actively pursuing wellness and wants to deepen their healing journey through the use of a support group.

Saturdays 2-5pm at St. John's Institute

### Caregiver Healing Circle

Developed and run with Rita Balanko M.A. Registered Psychologist

For any adult who, in a care giving role is feeling depleted and drained.

Caregivers could be parents, teachers, health professionals, adult children caring for aging parents, a spouse of someone who is ill, clergy and other spiritual leaders and healers, government employees, military and paramilitary personnel and their families, and others.

All groups take a biopsychosociospiritual approach to treatment and use a variety of modalities. All groups are therapeutic groups and as Dr. Jane Carr is a medical doctor (Psychiatrist) are considered a medically insured treatment modality and are covered by funds from Alberta Health. All groups require that participants submit their Alberta Health Care number to Dr. Jane Carr. There are NO additional fees. All groups are self-referral groups. All groups have a group intake assessment process. Dr. Jane Carr's practice is one of support group programming and delivery only. All participants are required to have and use their own individual practitioners for assessment, diagnosis, and treatment. Contact Dr. Jane Carr for information and to register:

780-240-3403

[jccarr4@shaw.ca](mailto:jccarr4@shaw.ca)

[www.engagedinlife.net](http://www.engagedinlife.net)