

Women's wellness services

This clinic is open to patients of Markham Stouffville Hospital (MSH) across all departments including childbirth, cancer care, surgical and mental health. Family and community members are also welcome.

How to access services

- **These groups are offered on a quarterly basis.**
- **Submit a referral form to receive details on orientation and start dates and to participate.**
- Referral may be completed by individuals, physicians or care providers.
- Referral forms can be found on msh.on.ca under 'Refer a Patient'
- Fax **completed referrals** to **905-472-7371** or by email: womenswellness@msh.on.ca
- For more information call **905-472-7373 ext. 6996.**

It supports women's health by providing adjunct therapies to improve quality of life. Using different methods, the clinic aims to improve women's sense of personal well-being, strengthen focus and mental flexibility, manage difficult emotions, promote self-awareness and distinguish health from unhealthy coping.

Art Therapy Group

Art therapy is a form of expressive therapy that uses the creative process of art making to improve a person's physical, mental and emotional well-being. Using imagery, color and shapes as part of a creative therapeutic process, thoughts and feelings can be expressed that would otherwise be difficult to articulate.

Mindfulness-based stress reduction (MBSR) group

The MBSR program provides training in guided meditation and gentle stretching, yoga. Participants will meet weekly and use these skills in their daily life. MBSR aims to address the unconscious thoughts, feelings, and behaviours thought to increase stress and undermine your health. In MBSR, individuals strive to cultivate a greater awareness of the present moment and gain a deeper sense of calm. Research has proven that MBSR can benefit individuals dealing with: anxiety, depression, chronic pain, stress, fatigue, anger, headaches, high blood pressure, sleep problems

Interpersonal psychotherapy group (IPT)

IPT supports the theory that psychological symptoms, such as depression, usually occur in a social and interpersonal context and can be understood as a response to current difficulties in relationships, role transitions, and grief and loss. The main focus of IPT is on relationship problems and on helping clients identify how they are feeling and behaving in their relationships. When a person is able to deal with a relationship problem more effectively, their psychological symptoms often improve.

Postpartum depression Cognitive Behavior Therapy group (PPD-CBT)

This group supports women who have either been identified or who are at risk of depression and/or anxiety prior to or following the birth of their child. Every week, CBT concepts will be introduced in an effort to highlight the interconnection of thoughts, feelings and behaviour to promote self-awareness and distinguish healthy from unhealthy feelings. Topics of discussion include: symptoms and risk factors of depression and anxiety, expectations, life and role transitions, self-esteem and self-care, communication, and identity formation following the birth of a child.

We are able to meet the needs of our growing community through this clinic thanks to the support from our generous donors and funds raised by the SHOPPERS LOVE. YOU. Run for Women.

