



Opera at the chapel, 12

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New post partum depression tool to help out new mothers

by Martin van den Hemel
Staff Reporter

A new online tool offered to new mothers battling post partum depression, would have been welcomed by Richmond mother-of-three Shannon Turner.

The tool, available at www.postpartum.org, was developed by the Pacific Post Partum Support Society and the Vancouver Coastal Health Authority, and gives women access to a combined narrative from mothers who encountered depression during and after a pregnancy, along with access to people and informational resources which offer assistance.

Turner learned she was pregnant more than three years ago, and the unexpected news came as she, her husband and two other children were selling the family apartment, preparing to move, and building a brand new house in Slesion.

Sharing the story of her battle with postpartum depression, Turner said she now looks back on what happened, and realizes she was already depressed with all of the other stress factors that were happening at the time.

"It hit me really hard and I never really moved out of that."

While her husband was working long hours at his job in Burnaby, Turner was left with the task of handling her depression.

"He was to build



Shannon Turner didn't know where to turn as she battled postpartum depression following her third pregnancy, which was unexpected and came during a stress-filled time as she cared for her two other children and managed a move while in the midst of a home construction project.

help she needed.

The feelings she encountered put her in a dark place, to the point she felt her home was her prison.

Through the society's resources, she was able to link up with a group that offered excellent child care for her two other children, and enabled her to focus on her newborn and getting herself better.

"It was just perfect for me," Turner said.

After having two children, Turner didn't expect to feel so overwhelmed by the addition of a third.

And she didn't feel comfortable talking to family and friends about it.

So having an outlet and talking to relative strangers actually made it easier, she said, because she didn't feel as if she was being judged.

Turner said she met her best friend during her depression.

Asked what she would advise new moms, Turner said: "If you find yourself in a position where you felt you couldn't cope, at least most of us have computers. Go online, check out the website. If you have a connection, go to your health nurse."

The great thing about the Post Partum phone line (604-255-7999 or toll-free in B.C. at 1-855-255-7999), Turner said, is that they are totally impartial.

"They're concerned about your immediate help. It's okay. You don't have to be perfect. In

based on real life experiences you when you have other kids. Either they tell you you can't bring other kids, or you feel your other children aren't

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www.richmond.ca/register

kudos

Kudos is a weekly feature showcasing announcements, achievements and good deeds happening around town.
E-mail submissions to news@richmondreview.com

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Organized by the Fairchild Group and produced by Fairchild TV, izzue Spring/Summer 2012 Fashion Show took place at Aberdeen Centre last Friday. Shum Kar Wai (centre), the chairman and CEO of I.T group, joined Thomas Fung (fifth from left), the chairman and CEO of the Fairchild Group, to attend the event. Many acclaimed and reputable individuals from different communities and representatives from three levels of government came to celebrate the grand opening of the first izzue flagship store in North America.



A \$2,000 donation to the Richmond Therapeutic Equestrian Society was presented by Bobby Farr (right) on behalf of the Telus Community Ambassadors. It was received on Tuesday by society program manager Erin McRae (centre), Dusti the happy therapy horse, and board member Sharon Renneberg (left). The welcome donation is earmarked to update safety equipment for the riding therapy program. For more information, see www.rtesrichmond.com.



Nine students from the Richmond School District will be attending this year's Lower Mainland Youth Academy at camp Stillwood in Chilliwack from April 3 to 11. The program began in 1996 and is designed for the participation of 50 high school students, interested in policing as a career, ages 16 to 18 from the public school districts of Burnaby, Coquitlam, North Vancouver, Surrey and Richmond. Students are placed in a simulated RCMP training environment which includes roleplaying scenarios that police officers encounter every day.