



About Our Sisters' Place

Our Sisters' Place is a community-based support network for women, with a focus on mood disorders associated with hormonal changes throughout the lifespan.

Our Sisters' Place will:

- Provide peer support to women who are struggling with a mood disorder associated with hormonal changes.
- Provide public education and information through forums, workshops, conferences and speakers' series about women's reproductive health and mood disorders.
- Educate health care professionals about women's hormonally related mood disorders.
- Work to eliminate ignorance, discrimination, and stigma through aggressive broad-based public awareness campaigns.
- Have the guidance of an Advisory Panel of key leaders in the field of women's reproductive health, mood disorders, and community based programs for women.
- Provide valuable, relevant information related to hormonally related mood disorders through Our Sisters' Place website, www.oursistersplace.ca.

Facts about hormonally related mood disorders:

- Premenstrual Dysphoric Disorder (PMDD): PMDD is a severe form of premenstrual syndrome (PMS) that affects about 3-5% of menstruating women. Emotional symptoms of PMDD include shifting moods; severe depression; feelings of hopelessness, anger, anxiety, or low self-esteem; difficulty concentrating; irritability, and tension. Physical symptoms include fatigue, headaches, joint or muscle pain, breast tenderness, changes in appetite, food cravings or bingeing, sleep problems, and bloating.
- Pregnancy is typically a happy time for many women; however, approximately 10% of women will experience depression during pregnancy.
- 50% of women with a history of postpartum depression will develop postpartum depression in a subsequent pregnancy.

- A reduction in estrogen levels during perimenopause produces physical as well as emotional changes, and can result in anxiety or depression.
- Women who experience a major depression in the postpartum period are at a greater risk of experiencing a major depression in perimenopause and/or menopause.
- One in five Canadian women will suffer from a mood disorder in her lifetime.

At Our Sisters' Place, first and foremost, we listen and we understand.

- At Our Sisters' Place, we know that what women are feeling is real and treatable and that help is available when they are experiencing hormonally related mood disorders.
- At Our Sisters' Place, we'll help you find the words to talk with your doctor so you can get well.
- At Our Sisters' Place, we will also help you find the language to explain to your loved ones how you are feeling.
- At Our Sisters' Place, we work with community partners to provide an integrated service to our community.
- At Our Sisters' Place, we provide support to workplace environments on accommodation and understanding of those struggling with hormonal changes and mood disorders.
- At Our Sisters' Place, our comprehensive library offers users a chance to borrow the latest literature, journals and audio/visual materials related to women's reproductive health, life stages, hormonal changes and mood disorders.
- At Our Sisters' Place, we produce fact sheets and other educational materials and resources related to women's reproductive health and mood disorders.
- At Our Sisters' Place we provide women with exciting and rewarding volunteer opportunities.
- At Our Sisters' Place we have a website with relevant, up to date information, links and personal stories.

Our Sisters' Place is a community-based support network for women, with a focus on mood disorders associated with hormonal changes throughout the lifespan. "Our Sisters' Place provides support, information and education as a complement to traditional and alternative therapies. OSP services are not intended as a replacement for other treatment options and encourages individuals to seek treatment by a qualified health care professional."

Our Sisters' Place is a program of **Mood Disorders Association of Ontario (MDAO)**

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