



Helping new moms connect

## Dr. Penny Tryphonopoulos reduced depression in new mothers

Her innovative new video treatment not only help reduce postpartum depression in new mothers, Dr. Tryphonopoulos found that it also helped them better engage with their infants, leading to happier babies, happier families and happier futures.

Making mom proud: [BrandonU.ca/Research-Connection](https://brandonu.ca/Research-Connection)

