Healthy Mothers, Healthy Babies
Coalition of Palm Beach County

Supporting Couples and Their Mental Health During Pregnancy and Beyond

Training for Perinatal Professionals and Students

This training focuses on the unique mental health needs of new parents and will benefit students, physicians, nurses, pregnancy care providers, mental health providers, and professionals who work with perinatal families.

In this training, you will learn:

- How couples can successfully navigate pregnancy, childbirth and the postpartum period
- Impact of perinatal mental health disorders on couples
- Mental health resources and tools to help couples during pregnancy and the fourth trimester

Date: April 11, 2025
Time: 12pm to 2pm
Location: Virtual/Zoom Platform
2 CEs are available! - No registration fee



Presenter: Elais Perez, LMHC,PMH-C
Maternal Wellness Coordinator
Healthy Mothers, Healthy Babies



For more information, please contact eperez@hmhbpbc.org or (561) 517-1551

Register today!
hmhbpbc.org/calendar

To learn more about perinatal mental health programming in Palm Beach County, please visit hmhbpbc.org/circleofmoms