Healthy Mothers, Healthy Babies
Coalition of Palm Beach County

Maternal Mental Health Training

Too often, Perinatal Mood and Anxiety Disorders (PMADs) go unrecognized. This can leave mothers feeling alone and isolated which can impact the entire family unit.

Any professional or student that regularly works with perinatal women should be aware of the signs and symptoms of PMADs. HMHB is offering a free training that will expand your awareness of maternal mental health and share helpful resources and tools that can prepare you to support pregnant and postpartum women.

In this training, you will learn:

- About mental health disorders that commonly occur in pregnant and postpartum women
- How to enhance quality of care and improve healthcare outcomes for perinatal women who experience depression, anxiety, and other mental health concerns
- Protective factors, risk factors, and treatment options, including HMHB's Circle of Moms support groups

Duration: 2 hours

Date: Friday, December 13, 2024, 1pm to 3pm

Location: Virtual via Zoom

2 CEs are available! Cost: Free



Presenter: Elais Perez, LMHC
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