



## How to support couples and their mental health during pregnancy and beyond.

This training will benefit students, pregnancy care providers, mental health professionals, nurses and any other professionals who support perinatal couples.

### Content:

- How couples can successfully navigate pregnancy, childbirth and postpartum
  - Impact of perinatal mental health disorders on couples
  - Mental health resources and tools to support couples during pregnancy and the 4th trimester



**Date: Friday, February 17, 2023**

**Time: 12:00 pm - 2:00 pm**

**Location: Zoom**

[Scan Code to Register](#)

**Cost: Free**

**2 CEUs  
are available**

### Presenter:

**Elais Perez, Maternal Wellness Coordinator**



**Please contact Elais Perez at  
[eperez@hmhbpb.org](mailto:eperez@hmhbpb.org) for any questions!**

