



**The Perinatal Mood
Disorders Initiative
Presents:**



**May is
Maternal
Mental Health
Awareness Month**

MATERNAL MENTAL HEALTH IS THE HEART OF THE FAMILY

MAY 5, 12, 19, & 26, 2021

12-1 PM

May 5th

Trauma During Gestation, Birth and Postpartum: The Effect on Maternal Mental Health & Wellbeing of the Mother-Baby Dyad

Carolyn Flynn, MA, LAC

Parent-Infant Mental Health Specialist & Program Director of START at The Center for Great Expectations, Somerset

May 12th

Medication Therapy for Perinatal Mood and Anxiety Disorders

Laura Kelly, DNP, APN

Advanced Practice Nurse in The Perinatal Mood and Anxiety Disorders Program at Monmouth Medical Center, Long Branch

May 19th

Promoting Maternal Mental Health in the Community: Panel Discussion

Mia Sapp

Community Health Worker,
CJFHC

Elizabeth Taylor

Certified Doula with SPAN Parent
Advocacy Network, Newark

Rachel Hansen

Supervisor, Nurse-Family
Partnership, Trenton

May 26th

Supporting Jewish Families in Times of Sadness

Reva Judas

Founder,
NechamaComfort, Teaneck

Register for the free series under Upcoming Events at www.CJFHC.org

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Questions? Contact Kathy Donaldson at KDonaldson@CJFHC.org