

THE BUILDING COMMUNITY COMPASSION



VIRTUAL SPEAKER SERIES

#4 OF 6:

THURS. JAN. 21ST • 12 PM – 1:30 PM

BRIDGING THE GAP FOR MATERNAL WELLNESS

In North Simcoe Muskoka the rates for Perinatal Mood and Anxiety Disorders (PMAD) are higher than the provincial average with 27.1 % of women experiencing them. The goal of this workshop is to increase awareness of the symptoms, treatment and impact of PMAD. Join in discussion around maternal mental health and leave with a better understanding of the facts and importance of maternal mental health along with how to best support the well-being of mothers in our community.

HOSTED BY:

LAURA BARBER

CLINICAL SOCIAL WORK / THERAPIST,
MSW RSW

TUNE IN ON ZOOM!

This webinar will be hosted on zoom.
The link to join us will be posted on
our Event Page on Facebook.

COMING UP NEXT:

• February 18 •

Bridging The Gap:
Creating Your Narrative - Service Autonomy
with Desiree Reisenburg



Canadian Mental
Health Association
Mental health for all