



Perinatal Mental Health Wellness Workshops

Free for all mothers or expecting mothers

Postpartum Depression, Anxiety, & Healthy Coping Skills July 16, 2025, 10 a.m. to 12 p.m.

This session will cover:

- **Postpartum Depression:** Signs, symptoms, and what to look out for
- **Postpartum Anxiety:** Recognizing signs and symptoms
- Considerations for partners
- Destigmatizing mental illness before and after birth
- The importance of community and support
- Self-care tips
- Personal stories from moms

Birth Trauma: What to Expect at Each Stage July 17, 2025, 10:30 a.m. to 12 p.m.

This session will cover:

- What is birth trauma?
- Post-traumatic stress disorder (PTSD) triggers and risk factors during pregnancy, labor and delivery, and postpartum
- Coping strategies for managing symptoms at every stage of pregnancy
- Advocating for your needs and care throughout pregnancy
- Resources available before, during, and after birth

Held at MCCMH West
6555 15 Mile Rd.,
Sterling Heights, MI
48312

Light refreshments
provided

Free gift for mom and baby!



Register today!

Macomb County Community Mental Health programs and services are supported and funded, in part, by the Michigan Department of Health and Human Services (MDHHS). MCMH is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) and operates under the direction of the Macomb County Board of Commissioners and the Macomb County Community Mental Health Board. MCMH centers are barrier-free, and offer TTY access, American Sign Language communication, and other language translations.

 mccmh.net

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