

Perinatal Mental Health Wellness Workshops

Free for all mothers or expecting mothers!

Light refreshments provided!



Postpartum Depression, Anxiety & Healthy Coping Skills

July 16th 10am-12pm

- ♦ Postpartum depression: signs, symptoms and what to look out for
- ♦ Postpartum anxiety: signs, symptoms and what to look out for
- ♦ Considerations for partners
- ♦ Destigmatizing mental illness pre and post birth
- ♦ The power of community and support
- ♦ Self-care considerations
- ♦ Stories from moms

Birth Trauma: What to Expect at Each Stage

July 17th 10:30am-12:00pm

- ♦ What is birth trauma
- ♦ Triggers for PTSD during pregnancy, during labor/delivery, and post-partum risk factors.
- ♦ Ways to cope with symptoms during pregnancy, labor/delivery and post-partum
- ♦ Advocating for one's need & care during pregnancy, during labor/delivery and post-partum.
- ♦ Resources and supports at every stage of pregnancy

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



Free gift for mom and baby!



Please scan the
QR code to reg-
ister for either or
both of these
workshops