

Community Education Service



Improving emotional health and well being

Secrets Mothers Keep – Let's Talk About Postpartum Scary Thoughts

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The focus of this presentation will be on discussing a specific struggle that can occur during the Perinatal Period, called Scary Thoughts. The material presented will be from the book, "Dropping the Baby and other Scary Thoughts: Breaking the Cycle of Unwanted Thoughts of Motherhood" by Karen Kleiman and Amy Wenzel. I will be breaking down what Scary Thoughts are, how to recognize them, how to cope with them, and when to access professional supports.

FREE LEARNING

April 21, 2021

10:30 AM – 12:00 PM

Registration Required