

# Community Education Service



*Improving emotional health and well being*

## Perinatal Mental Health 101

### What you need to know and how to support

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Manager of Family & Community Programs

Maternal mental health struggles are the most common complications of childbirth, yet they are not screened for or treated for enough. The focus of this presentation will be discussing the prenatal/postpartum experience and how it can impact a person's mental and emotional health. How common it is, what to look for, how to talk about it, and how to support yourself, a loved one, or in a professional setting. This discussion can never happen enough or too early or too late, and all are welcome to join this very important discussion.

## FREE SESSION

September 25<sup>th</sup> , 2024  
11:30 AM – 12:30 PM

[Click here to](#)  
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This session is presented by the Community Education Service of the Mental Health Collaborative, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with [Families Matter](#).

