



FOR PERINATAL MENTAL HEALTH

PERINATAL MENTAL HEALTH COLLABORATIVE LEARNING & KNOWLEDGE SHARING

In
partnership
with



Perinatal Mental Health Foundations

This knowledge sharing and learning series provides foundational knowledge of perinatal mood and anxiety disorders (PMADS) as well as building tools to support any clients during the perinatal period.



Recognizing Perinatal Mood Disorders (2 hours)

- Summary of the 6 Perinatal Mood and Anxiety Disorders (PMADs)
- Review of current Canadian Data
- Why PMADs get missed.
- Assessment Tools.



Perinatal Framework (2 hours)

- Discussing various factors that can lead to Perinatal Mood and Anxiety Disorders, including: Biological, previous mental health struggles (negative thought cycle), Individual risk factors, parental identity, and maternal role strain.
- Culture of Impossible Parenting - how does the current social climate of our region(s) affect our judgment of our own abilities to be parents.
- Cultural Humility in Perinatal Mental Health Work.



Identifying tools that improve and protect perinatal mood (2.5 to 3 hours)

- Parental Surveillance - who decides what we have to prove? Who do we feel is watching us through our journey? Are these positive surveillance or limiting ones?
- Postpartum Resilience - looking at the factors that have been shown to increase feelings of wellness and resilience.
- Creating Care Plans - exploring individual care and community collective care.



Care and Crisis Planning (1.5 - 2 hours)

- Review of high risk/suicidality in Perinatal Mental Health.
- Community mapping comparisons - medical model versus community care. How do we decide which to use when?
- Future planning for Perinatal Mental Health for black families in Waterloo Region - what tools are most useful?



Support



Education



Community



Advocacy

info@togetherwaterloo.ca