



Welcome to our ever-growing Alliance for perinatal mental health! The Perinatal Mental Health Alliance of NL (PMHANL) aims to enhance awareness and promote care and supports for perinatal mental health across the province.

[Visit our Website](#)

**Let's Stay Connected!**

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## A reminder to connect with us tomorrow!

**Saturday, May 7th** is the day! Whether its the webinar or a walk, come out and show your support and learn more about Perinatal Mental Health and what it means to our community!

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**10:30 am to 12:30 pm NST:** Perinatal Mental Health: What you need to know  
For more information and to register, visit <https://www.pmhanl.com/events-1>.

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**1:30pm:** Flora's Walk for PMH: Quidi Vidi Lake  
Information can be found on <https://www.pmhanl.com/events-1> , [www.cpmhc.ca](http://www.cpmhc.ca).

**MAY 4TH, 2022 is**  
**World Maternal Mental Health Day**

Join us for a day of awareness and connection in Newfoundland and Labrador, where 1 in 4 mothers and 1 in 10 fathers experience mood and anxiety changes in the perinatal period.

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**SATURDAY, MAY 7TH, 2022**  
Agenda

**10:30am** Perinatal Mental Health Webinar: What You Need To Know

**1:30pm** Flora's Walk for Perinatal Mental Health Quidi Vidi Lake, St. John's, NL

Free registration and information at  
<https://bit.ly/3KjYDHv>

Help us spread the word, join us at these events, and follow along on Facebook as we celebrate and acknowledge Maternal Mental Health Day.

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## **Announcing a call for board members!**

Are you interested in joining an exciting, motivated, passionate board to help further PMH here in the province and establish PMHANL as a leader in the field? Here is your chance! Send a brief bio to [pmhanlconnect@gmail.com](mailto:pmhanlconnect@gmail.com) and stay tuned to announcements for our AGM to be held in June, 2022. Check out our website for more information under [Board & Membership](#).

Do you or your team have an event coming up related to Perinatal Mental Health? Let us know! We would love to share more updates from our community on our website and through newsletter! Email [pmhanlconnect@gmail.com](mailto:pmhanlconnect@gmail.com) with your information.

This email is being sent to you because you had expressed interest in the work of the Perinatal Mental Health Alliance of Newfoundland and Labrador. If you are not interested in receiving future emails from this group, please unsubscribe below.

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