



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!

Today is World Maternal Mental Health Day!

Check out today's events:

Follow along on our [Facebook](#) page from April 27 – May 7, 2022 as the Alliance takes an opportunity to pause and give thought to the support provided to families undertaking the perinatal journey. Share the posts and have your say on the importance of perinatal mental health.

The Alliance, in collaboration with the Perinatal Program of Newfoundland and Labrador, is hosting a community focused informative session on perinatal mental health with experts Dr. Gabrielle Mauren and Michelle Wiersgalla. This virtual session will take place on Saturday, May 7th from 10:30 am to 12:30 pm NST. For more information and to register, visit <https://www.pmhanl.com/events-1>.

Flora's Walk is a fundraising initiative by the Canadian Perinatal Mental Health Collaborative (CPMHC), to raise awareness and monetary funds for organizations, families, and initiatives across Canada. Locally, Jamie Green, from Memorial University's School of Medicine will be organizing a walk in St. John's, NL on Saturday, May 7th at 1:30pm. Information can be found on <https://www.pmhanl.com/events-1> , 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.

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.

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 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.