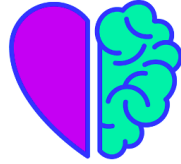


January 2022



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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## **We Want to Hear From You!**

We're very excited to share that PMHANL has recently engaged CreAction Consulting to research and support the development of our organization, specifically in the areas of governance and strategic planning. As part of this work, we are looking at reviewing our mission, vision, values, and strategic priorities and need your help!

Below you will find a link to a survey (in fillable PDF format) that can provide you with an opportunity to provide input during this key review stage. Your answers are kept confidential and any completed surveys should be emailed to Lynn Best at [lynn@creactionconsulting.ca](mailto:lynn@creactionconsulting.ca). The survey should take approximately 15 to 30 minutes. We sincerely appreciate your support and engagement in this process to ensure our next steps are informed by our members. Deadline for responses is **January 24th, 2022**.

[Click here to complete the survey!](#)

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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.