



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!

A Review of World Maternal Mental Health Day 2023

This year's World Maternal Mental Health Day was celebrated in Newfoundland Labrador with Flora's Walk; Media Coverage by CBC, VOXM, and [\(\)](#); a Provincial Government signed Proclamation by Honorable Tom Osbourne from Department of Health and Community Services; and a feature event "Lives Perspectives PMHANL Webinar" on WMMHD.

Lived Experiences Webinar

The Feature Event, "Lived Experiences - PMHANL Webinar", took place on World Maternal Mental Health Day on Wednesday, May 3rd. The webinar was introduced by Dr. Archana Vidyasankar, with education session by Karen Clarke, and feature conversation hosted by PMHANL's Ashley Pike with guest speaker, Eddie Sheerr.

A recording of the conversation can be found [here](#), on the PMHANL Website.

Flora's Walk 2023 - Update

Way to go, Team St.John's on this year's 2nd Annual Flora's Walk for Perinatal Mental Health in surpassing their fundraising goal and to Carbonear OBS Team, for hosting their first Flora's Walk.

We give our congratulations on a successful event by both teams, and for your efforts in supporting perinatal mental health resources in our province and country.

[#FlorasWalk4PMH](#)

Opportunity ...

In the Research...

Association of Antenatal COVID-19–

Related Stress With Postpartum Maternal Mental Health and Negative Affectivity in Infants

Schweizer et al., 2023

Published to the JAMA Network in March 2023, this study investigates the impact of COVID-19 stress on perinatal outcomes.

Authors used data from 3 countries to find a significant association between antenatal COVID-19-related stress with postpartum maternal mental health and infant negative affectivity.

To check out the full text, visit:
[doi:10.1001/jamanetworkopen.2023.2969](https://doi.org/10.1001/jamanetworkopen.2023.2969)

"..our findings demonstrate the association of pandemic-related stress with these adverse outcomes, highlighting the need to prioritize mental health care as part of antenatal care guidelines during pandemics."

Feature of the Month: Momma Moments

Momma Moments

The Momma Moments Program, delivered through Choices for Youth, is a peer-to-peer support and strengths-based group for young parents or pregnant mothers. It provides moms and their children with wrap-around support to navigate the challenges of motherhood, which they often face in addition to social isolation, financial demands, and limited social and family support.

Did you know? Over the past year, Momma Moments have supported over 84 moms & 128 children, and provided over 1100 meals!

Momma Moments currently operates in St. John's and Conception Bay South, where groups meet once a week for programming that emphasizes overall wellness - mental, physical, spiritual, and social - for both mother and child. Young mothers have access to healthy recreational activities, as well as resources and discussions on topics of family building, income supports, mental health, education, nutrition, and more.

Looking to be a part of the Momma Moments Program?
Referral form can be found, [here](#)

[Momma Moments Referral Form](#)

If you, or a loved one, are experiencing struggles with your mental health during the perinatal period, know that you are not alone. Please check our our Resource Page to find what supports are best for you.

[Perinatal Mental Health Supports](#)

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

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