

“REDUCING YOUR RISK” ONLINE CLASSES

Perinatal Mood and Anxiety Disorders are the #1 complication of pregnancy.

DATES AND TIMES

Tuesday, February 14, 5:30p
Monday, March 13, 6:00p
Tuesday, April 11, 5:30p
Monday, May 8, 6:00p
Tuesday, June 13, 5:30p
Monday, July 10, 6:00p
Tuesday, August 8, 5:30p
Monday, September 11, 6:00p
Tuesday, October 10, 5:30p
Monday, November 14, 6:00p
Tuesday, December 12, 5:30p

COME LEARN WITH US ABOUT ALL THINGS PERINATAL MENTAL HEALTH

Join us in “Reducing Your Risk”, an online class taught by Certified Perinatal Mental Health Professionals. This class will prepare and provide birthing persons and their support people:

- On what to expect postpartum mentally and emotionally
- With tools and resources should they begin to struggle
- With assistance on creating an emergency postpartum plan



SWMPQIC

Southwest Michigan Perinatal Quality Improvement Collaborative

<https://bit.ly/SWMPQICReducingYourRiskClass>