

# MENTAL WELLNESS: CONCEPTION THROUGH PARENTHOOD

## **DATES:**

FEBRUARY 8TH

APRIL 11TH

JULY 11TH

NOVEMBER 7TH

**TIME:** 6PM-7:30PM

## **TREE OF LIFE FAMILY BIRTH CENTER**

1214 SPRING ST.

JEFFERSONVILLE, IN 47130



Know about signs/symptoms to look for.



Discover practical steps you can take to improve your mental wellness.



Learn how to create a postpartum support plan.



Receive important resources and where to access them.

**Presenters:** Airlea Williams, LCSW, PMH-C & Mary Miller, LCSW, PMH-C

**Register at:** [airleawilliams@gmail.com](mailto:airleawilliams@gmail.com)

