



# The 3rd Annual Perinatal Mental Health Conference

## “Cradling Mothers and Babies”

Date: Thursday, April 22, 2010

Time: 7:30 am-5:00 pm

Location: Holiday Inn, Downtown Fresno

A presentation of the Central California Perinatal Mental Health Collaborative

# SAVE THE DATE

One in six women experience depression and anxiety during their pregnancy and childbirth, and the effects are felt by her entire family.

Join us for the third annual Perinatal Mental Health Conference and leave with a better understanding about this commonly undiagnosed health epidemic. Learn about its impact on families, and how you can identify, treat and refer women suffering from this condition.

Also featured this year:

- Emerging studies on Bipolar II – Identification and Treatment
- Local resources and tools to help diffuse stress and anxiety
- Learn how to cradle and soothe mothers & babies in distress from an infant-family mental health perspective.
- Meet representatives from the Central California Perinatal Mental Health Collaborative, a new resource for practitioners, women and their families.

Discover how you can help cultivate a circle of support that will help mothers suffering from this condition go from a sense of distress and confusion to a place of confidence and calm.

### SPEAKERS

- **Shaila Misri, MD**, an internationally renowned reproductive psychiatrist. She is the founder and director of Reproductive Mental Health at BC Women’s Hospital, and Clinical Professor of Psychiatry and Obstetrics at the University of British Columbia, Canada.
- **Joan Mudd**, Founder of Jennifer Mudd Houghtaling Postpartum Depression Foundation, Chicago.
- **Ellen Middleton**, Nurse Practitioner
- **Jules Smith, MA**, clinical counselor working both at the BC Reproductive Mental Health Program and in private practice with perinatal women and their families. She is participating in a 5 year international multi-site research project
- **Martha Moore, PhD**, Infant Mental Health, Fresno
- **Patricia Neufeld, MFT**, psychotherapist in private practice, Fresno
- **Kimberly Wong**, Attorney, Founder of the Perinatal Mental Health Task Force of LA County

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### For more information, please contact

Julie Barker at 559-244-4512  
or the Central California Perinatal Mental Health Collaborative  
[www.CCPMHC.org](http://www.CCPMHC.org)

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