One in six women experience depression and anxiety during their pregnancy and after childbirth, and the effects can be felt by her entire family. We all have a profound impact on the lives of women suffering from depression and anxiety.

Join us as we present the fourth annual Perinatal Mental Health Conference and leave with a better sense of knowledge about the most commonly undiagnosed complication of childbirth. Discover how you can help cultivate a community 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.

- Hear from experts in the field how this devastating illness affects women and their families;
- Learn how to identify, treat and refer women suffering from perinatal depression and anxiety;
- Assess and develop a plan of care with women who have co-occurring disorders;
- Identify how negative life course events can place a woman at risk for postpartum depression;
- Experience how to pull together and coordinate care within our community;
- Learn how identification will allow for timely referral to care, and improve outcomes for both mother and baby.

SPEAKERS
- Robert L. Oldham, Psychiatrist, Fresno County Department of Behavioral Health and Fresno County Perinatal Mental Health Program.
- Les Lucas, LMFT, Clinical Supervisor, Department of Behavioral Health, Substance Abuse Division
- Ellen Frickberg-Middleton, RN, NP, Nurse Practitioner, Community Women’s Health Clinic
- Caron Post, PhD, Psy, Private practice focus on mood and anxiety disorders, perinatal mood disorders, trauma, transition to parenthood. Los Angeles County Perinatal Mental Health Task Force-Executive Director.
- Stephen Ramirez, MPH, Chief Executive Officer for the California Health Collaborative in Fresno, CA
- Kendra Rogers, Executive Director, First 5 Fresno County
- Patricia Neufeld-Erdman, MFT, Private practice in Fresno with a focus in women’s mental health, including perinatal mood and anxiety disorders. A founder of the Perinatal Mental Health Conferences in Fresno.

$65 conference fee includes continental breakfast, lunch and program syllabus. 6.5 CEU’s provided by The California Health Collaborative

Please direct questions regarding the conference to: Suzanne Hissong, Conference Coordinator, (559) 459-1639 or the Central California Perinatal Mental Health Collaborative at www.CCPMHIC.org

Every effort will be made to address special needs.