

# Perinatal Mental Health Training

Attention providers!  
Join Baby Blues Connection  
for a free presentation

You will gain an understanding of the mental health disorders one might experience when welcoming a child into their lives, as well as an overview about Baby Blues Connection and the peer-to-peer services that we provide. There is no cost to attend but we do require an RSVP. Feel free to invite co-workers, colleagues or anyone interested in supporting parents.

November 21st,  
from 12 - 1 pm

January 30th,  
from 12 - 1 pm

The mission of Baby Blues Connection is to provide mental health support and build community with parents and birthing people coping with perinatal mood and anxiety disorders through connection, information and resources.

**01** signs and symptoms

**02** how BBC can help

**03** sign up here

baby blues connection

