



World  
Maternal  
Mental  
Health  
Day

# WORLD MATERNAL MENTAL HEALTH DAY 2018

## Begin Before Birth Canada symposium

One in five women experience significant perinatal mental health problems, often with lasting consequences for both mother and child. **Join us** as we mark **World Maternal Mental Health Day** and discuss perinatal mental health: **from molecules to mothering and beyond**.

**Who should attend:** Anyone interested in maternal mental health and the link to children's long-term development - physical, cognitive and emotional: Perinatal mental health professionals, Researchers, Trainees, etc.

**Registration:** \$10 (for lunch) - click [here to register](#)

**Date:** Tuesday, May 1, 2018 - 9am to 5pm

**Location:** McGill University, **Palmer Theatre, McIntyre Medical Sciences Building**, 6th floor entrance, 1200 Ave. des Pins Ouest, Montreal Quebec H3A 1X1 Canada

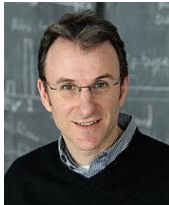
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**#maternalMHmatters**

### Program

9:00

9.30



#### Registration - Tea/Coffee

**[Dr Gustavo Turecki](#)**, Chair, Dep. of Psychiatry, McGill U.; Heads, McGill Group for Suicide Studies and Depressive Disorders Program, Douglas Institute

A clinician and neuroscientist, his research focuses on the influence of life experiences on brain function, and their relationship to depression and suicide risk.

9:45



**[Dr Regina M. Sullivan](#)**, Professor, Dep. of Child & Adolescent Psychiatry, Langone Medical Center, NYU, USA

Her groundbreaking studies show how early experiences can affect the developing brains of children and that parenting practices may ameliorate the effects of trauma on the developing brain.

10:30



**[Dr Kieran O'Donnell](#)**, Ass. Professor Dep. of Psychiatry, McGill U; Researcher, Ludmer Centre/ Douglas Hospital; Azrieli Global Scholar in Child & Brain Development

An expert in perinatal influences on early-childhood development, and the biological embedding of early adversity, he applies genetic, epigenetic and epidemiological approaches.

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## Begin Before Birth Canada symposium

11:00



**[Dr Patricia Silveira](#)**, Ass. Professor, Dep. of Psychiatry, McGill U;  
Researcher, Ludmer Centre/Douglas Hospital  
Her research focuses on how perinatal and early-childhood environments can shape and modulate both health and disease across the lifespan, into old age.

11:30

11:45



### Tea/Coffee Break

**[Dr Samantha Meltzer Brody](#)**, MD, Ass. Professor & Director, Perinatal Psychiatry Program, Center for Women's Mood Disorders, U of Northern Carolina, Chapel Hill  
She studies maternal depression and treatment in high-risk groups including adolescent mothers, and mothers of children with neurodevelopmental delays.

12:30



**[Dr Phyllis Zelkowitz](#)**, Ass. Professor, Dep. of Psychiatry, McGill U,  
Senior Investigator & Director, Research in Psychiatry, Lady Davis Institute, Jewish General Hospital  
She studies children and families at risk, including developmental outcome in very low birthweight infants, postpartum depression and its effects on family functioning, and risk factors for borderline pathology in mothers and children.

1:00

2:00



### Lunch - provided

**[Dr Vi Nguyen](#)**, MD, Ass. Professor, Dep. of Psychiatry, McGill University;  
Scientist, McGill University Health Centre  
A reproductive psychiatrist, she specializes in treating psychiatric disorders during reproductive stages, such as the premenstrual, pregnancy, and postpartum periods.

2:30



**[Dr Nicole Letourneau](#)**, Professor, Deps. of Paediatrics & Psychiatry, University of Calgary; Research Chair in Parent-Infant Mental Health and Research Coordinator, RESOLVE, Alberta Children's Hospital  
Her 'Child Health Intervention and Longitudinal Development' program develops and tests interventions for infants and children exposed to adversity including parental depression, addictions, intimate partner violence and low-income.

3:15

3:45

### Q&A Discussion

Closing remarks & reception in lobby

**#MaternalMentalHealthMatters**