

Maternal Mental Health & Wellbeing Forum

SAVE
THE
DATE

In support of:

WORLD MATERNAL
MENTAL HEALTH DAY



#MATERNALMHMATTERS

Wednesday
2 May

9 am – 4.30 pm

Nordmeyer Lecture Theatre
University of Otago
Mein St, Newtown
Wellington

This forum will be of particular value to:
*Midwives, Social Workers, Psychologists, Nurses, GPs,
Family Community Support Workers,
Psychotherapists, Counsellors, Childbirth Educators,
HR Professionals, Mental Health Clinicians, Early
Childhood Educators*

*Please note that parents and caregivers who have an
interest in MMH are invited to attend the morning
session (non-mobile babies welcome)*

Come listen to presentations from:

- **Arihia Latham**, Writer, Facilitator, Lecturer and Health Practitioner – *The Balance*
- **Dr Monica Johnson**, Psychiatry Registrar – *Motherhood in the Digital Age*
- **Liora Noy** – *Taking the pressure off: Supporting mums struggling with Breastfeeding and PND*
- **Ngaruna Kapinga** – *A cultural perspective on perinatal distress*
- **Dr Mark Huthwaite**, Consultant Perinatal Psychiatrist – *Turning on the Lights: Some of the Pitfalls When Treating PND*
- **Heather Elmes**, Consultant Clinical Psychologist – *Circle Stories: Circle of Security Informed Reflections on Relationships between Infants and their Mothers*

Posters and stalls for community service networking
Mother's Day card competition



Attracts 8 Midwifery continuing education hours & 5.5 CME GP credits



Endorsed CPD Activity

Registration Options – catering included

- | | |
|------------------------------|-------|
| • SMO/GP's | \$150 |
| • Other Health Professionals | \$85 |
| • Students | \$50 |

Click to register <https://goo.gl/forms/CfGT9nnpj68sttOE2>
Or email events@pada.nz or call 04 4616318



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Support Group Wellington



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