

# UNDERSTANDING PERINATAL MOOD AND ANXIETY DISORDERS

## Supporting Families Through Perinatal Mental Health



To register, visit or scan the QR Code

<https://forms.gle/vFXM3PPQuB43YwVXA>



 **Date:** Wednesday, April 1, 2026  
 **Time:** 1-3 PM EST  
 Please register by March 30, 2026.

OR

 **Date:** Wednesday, April 15, 2026  
 **Time:** 4-6 PM EST  
 Please register by April 13, 2026

 **Location:** LIFE Family Resource Center  
of Orange County 1693 W. Hospital Road,  
Paoli, IN, 47454.

Light refreshments will be  
provided.

Participants will also have the  
opportunity to enter a drawing for  
door prizes.

Join us for a welcoming evening  
focused on the emotional side of  
pregnancy and life after baby. This  
event brings together parents, partners,  
healthcare professionals, and  
community members to learn practical  
ways to support perinatal mental  
health, connect with others, and  
explore resources that help families  
thrive.



Health First Indiana funds this project through the DeKalb County Health Department

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