

# UNDERSTANDING PERINATAL MOOD AND ANXIETY DISORDERS

## Supporting Families Through Perinatal Mental Health



To register, visit or scan the QR Code

<https://forms.gle/DrLA7zgbS37QicKB9>



Please register by April 10, 2026

 Date: Monday, April 13, 2026

 Time: 12–2 PM EST

 Location:

Martin Luther King Dream  
Center (Dream Room)  
1522 W. Linden Street  
South Bend, IN 46628

Light refreshments will be provided. Feel free to bring your own lunch

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

Join us for a welcoming journey 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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