

UNDERSTANDING PERINATAL MOOD AND ANXIETY DISORDERS

Supporting Families Through Perinatal Mental Health



To register, visit or scan the QR Code

<https://forms.gle/tK7hp6BQxP6JTH3B8>



Please register by April 17, 2026



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

 Date: Tuesday, April 21, 2026

 Time: 5–7:30 PM EST

 Location:

Owen County Fairgrounds
364 South East Street
Spencer, IN 47460

A light meal and beverages will be provided

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.

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