

UNDERSTANDING PERINATAL MOOD AND ANXIETY DISORDERS

Supporting Families Through Perinatal Mental Health



To register, visit or scan the QR Code

<https://forms.gle/6RGqmRaeWZbEiW8X8>



Please register by April 3, 2026

 Date: Monday, April 6, 2026

 Time: 1–3 PM EST

 Location:

IU Health Jay (Conference
Rooms A/B)

500 W Votaw St.

Portland, IN 47371

Water 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.



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

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