

BRIDGING CARE FOR MOMS: Maternal Mental Health Training for Providers

A free, interactive training designed for professionals and providers who work with disadvantaged mothers during pregnancy and the first year after birth.

Participants will learn how to:

- Recognize common signs and symptoms of mental health challenges during pregnancy and the first year after birth
- Ask effective, supportive questions to assess needs and encourage open conversation
- Understand the unique experiences, barriers, and risk factors faced by disadvantaged mothers
- Identify when and how to refer individuals and families to appropriate mental health and community resources
- Strengthen their role as providers in promoting early intervention and reducing stigma around mental health

Location: Baltimore Public Library - Towson Branch; 320 York Road, Towson, Maryland 21204

Date and Time: May 20, 9:30AM-3:30PM

A catered lunch will be provided.

For more information or to register, visit mhamd.org/events

