

# Postpartum Support Virginia

Hope and help for new mothers



**September 2018**

*Here are some great opportunities to learn more about postpartum depression and perinatal mood and anxiety disorder*

---



## **PSVa Social Support Training September 29 and November 3**

PSVa's social support training is a one-day 6-hour course that is applicable to anyone who supports mothers during the perinatal period and is required for PSVa social support volunteers. Topics include a range of PMADs, understanding and providing social support to struggling mothers, navigating difficult conversations and role-playing conversations and scenarios. Learn more [HERE](#).

---



## **Advanced Therapeutic Training November 30, 2018**

This half-day session is specifically for clinicians who specialize in working with women during pregnancy and first year postpartum. Benta Sims, LP (Board member) and Danielle Cauley, LPC (PSVa Williamsburg Coordinator) share advanced therapeutic tips and techniques designed to expand knowledge about treating PMADs. Curriculum includes presentation and case studies. Limited to 10 participants. Learn more [HERE](#).

---



## **Maternal Mental Health Certificate Training, September - December**

This webinar series is designed specifically for mental health and clinical professionals. It consists of eight live sessions (Mondays, 1-3 pm EST) along with group discussions and additional reading materials. Participants will receive continuing education credits and a certificate of completion. Learn more

---



## PMADs and Minority Mental Health Webinar September 28

This webinar will focus on African American moms, maternal mental cultural competency. Training is appropriate for doulas, therapists, c workers, birthing professionals, health care professionals, and mothe Participants will receive 3.5 CEs. Learn more [HERE](#).

---



## Council on Patient Safety In Women's Health Care Various Pre-Recorded Webinars

The Council on Patient Safety in Women's Health Care has several pre-recorded webinars about maternal mental health. Topics include birth trauma, use disorder, screening for PMADs, collaborative care models, and more. Learn more [HERE](#).

---

Hope and help for new moms

Donate



Post Office Box 7521

Arlington VA 22207

703-829-7152

[www.postpartumv](http://www.postpartumv)