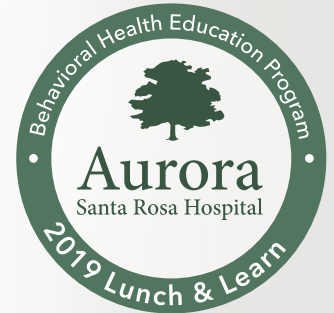




PERINATAL MOOD AND ANXIETY DISORDERS 101

WITH ALLISON MURPHY, MFT AND CO-FOUNDER OF MOTHERS CARE



THURSDAY, MARCH 21
12:00 - 2:30PM

\$10 at the door for lunch and training

Registration at 12PM.

The program starts promptly at 12:30PM.

Location: Aurora Santa Rosa Hospital
1287 Fulton Road
Santa Rosa, CA 95401

If you are interested in attending this workshop with Allison Murphy, MFT, contact Jane Rogan at (707) 548-3573 or jane.rogan@aurorabehavioral.com for a seat reservation.

Pregnancy and having a baby is a time of rapid growth and change that can trigger powerful emotions, from joy and excitement to fear and anxiety. Hormone fluctuations, sleep deprivation, new responsibilities and increased expectations are all part of the process. How do we differentiate between a period of transition and a Perinatal Mood and Anxiety Disorder?

Maternal mental health disorders are the most common complication of childbirth, are under-diagnosed and often untreated. Workshop participants will be taught:

- How to identify Perinatal Mood and Anxiety Disorders (PMADs) and risk factors including Adverse Childhood Experiences.
- Learn the evidence-based treatment options that are specifically designed for pregnancy and postpartum.
- Understand stigma and barriers to treatment to improve the lives of women and their families.

This workshop is designed to give voice and compassionate understanding to the unexpected mothering experience.

ABOUT LUNCH & LEARN

Come join us at Aurora Santa Rosa Hospital every month for a new Lunch & Learn workshop. Eat lunch, socialize and learn more about important topics presented by experienced, practicing professionals. At the conclusion of each workshop, we will give tours of our facility for those who are interested.



Allison Murphy MFT, is the Executive Director and a clinician with Mothers Care, an innovative, evidence-based, trauma-informed perinatal mood and anxiety disorder screening and treatment program located in Sonoma County, CA. Allison is an Adverse Childhood Experience (ACE) Interface Master Trainer and the Chair of the Mental Health and Substance Abuse workgroup for the Community Health Initiative for the Petaluma Area, a Health Action Chapter.

Allison's experience includes instructor at Sonoma State University, a consultant/trainer to state and local organizations, and a radio co-host.