

# 7TH ANNUAL PERINATAL MENTAL HEALTH CONFERENCE



## TUESDAY, OCTOBER 15

Time	Session
10:00 - 10:15 AM	Welcome
10:15 - 11:15 AM	Lived Experiences of Perinatal Mental Health
11:15 - 12:00 PM	The Power of Narrative: Exploring Storytelling and Listening in the Perinatal Journey
12:00 - 1:00 PM	Lunch
1:00 - 2:15 PM	A Population Health Approach to Perinatal Mental Health
2:15 - 2:30 PM	Break
2:30 - 3:00 PM	Community Engagement
3:00 - 3:50 PM	LIFTing Up Local: Poster Party
3:50 - 4:00 PM	Closing Remarks

## WEDNESDAY, OCTOBER 16

Time	Session
8:30 - 8:45 AM	Welcome
8:45 - 10:00 AM	Let's Doula This!
10:00 - 10:10 AM	Break
10:10 - 11:10 AM	Pelvic Floor Health: Implications for Postpartum and Pregnancy
11:10 - 12:10 PM	Infant Grief and Loss Awareness Month: Serving Native Families
12:10 - 1:00 PM	Lunch
1:00 - 2:15 PM	Keep Calm and Plan On: Preparing Families for the Postpartum Period
2:15 - 2:30 PM	Break
2:30 - 4:00 PM	Real Self Care Dr. Pooja Lakshmin, MD
4:00 - 4:15 PM	Closing Remarks

