

# Best Start Resource Centre Workshop for Service Providers: Creating Circles of Support in Perinatal Mental Health

**Date and Location:** March 4<sup>th</sup>, 2010, Kingston

**Workshop Description:** One in five women are affected by perinatal mood and anxiety disorders and will need support as they go through pregnancy and the first postpartum year. The infant, partner and older siblings can also be affected. This workshop will present and explore strategies on how service providers can provide flexible, perinatal support for these women and how communities can increase their capacity to develop partnerships and programs to create a women-centered circle of support. Participants will have the opportunity to consider existing strategies as well as new initiatives.

**Audience:** This half-day workshop is designed for service providers working with pregnant and postpartum women and their families. It will benefit nurses, nurse practitioners, midwives, physicians, social workers, mental health workers, child protection workers and community program staff.

**Objectives:** participants will

1. identify the elements of support women need
2. identify strategies to create the elements of support at an individual and community level

## **Speakers:**

**Mary Lynn Trotter, MSW, RSW**, is a social worker and consultant with experience in women's mental health. She has been a key partner of the East Toronto Adjustment Program. She has experience in treating women through counselling therapies. She has given presentations of the development of programs to support women and has been the writer of the new manual on support in perinatal mental health for the Best Start Resource Centre.

**Hiltrud Dawson, Best Start Resource Centre** works with the Best Start Resource Centre, funded to support Ontario service providers who address preconception, prenatal, maternal and child health. She has worked extensively on breastfeeding, perinatal mood and anxiety disorders and child health. In her present capacity, Hiltrud assists communities across the province by providing workshops, consultations and developing new provincial resources.

**Note:** The \$50 registration fee includes breakfast, participant handouts and a copy of the new manual "Creating Circles of Support for Pregnant Women and New Families".

**Additional Information:** Please check the Best Start Resource Centre website at [www.beststart.org](http://www.beststart.org) for workshop details.

Participants will receive a copy of the new manual:

**Creating Circles of Support for Pregnant Women and New Parents: A manual for service providers supporting women's mental health in pregnancy and postpartum**

\$ 50.00 registration fee will also cover breakfast and participant handouts.

# REGISTRATION FORM

## Creating Circles of Support in Perinatal Mental Health

Please check [www.beststart.org](http://www.beststart.org) for venue details

**Please PRINT clearly.**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Position: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Special Requirements (e.g. meals, accessibility):  
\_\_\_\_\_

Note: The \$50 registration fee includes participant handouts, and lunch.  
Payment must accompany registration.

**Date/Location:**

March 4, 2010 – Kingston

**Method of payment**

Method of payment: \_\_\_\_\_ cheque \_\_\_\_\_ VISA \_\_\_\_\_ Mastercard

Name of cardholder: \_\_\_\_\_

Card Number: \_\_\_\_\_ Expiry date \_\_\_\_\_

Signature of cardholder: \_\_\_\_\_

***Make cheques payable to Health Nexus and send to:***  
**Health Nexus, c/o Best Start Resource Centre**  
**180 Dundas Street West, Suite 1900**  
**Toronto, ON M5G 1Z8**  
**FAX: 416-408-2122**

For inquiries about workshop registration contact

Roshni Juttun: [r.juttun@healthnexus.ca](mailto:r.juttun@healthnexus.ca) or 1-800-397-9567 ext. 2336; or 416-408-2249 ext. 2336,

For inquiries about content contact

Hiltrud Dawson: [h.dawson@healthnexus.ca](mailto:h.dawson@healthnexus.ca) or 1-800-397-9567 ext. 2250; or 416-408-2249 ext. 2250

*The Best Start Resource Centre is a key program of Health Nexus and is funded by the Government of Ontario.*