

# Postpartum Resource Center of New York Presents A Free Training for Professionals and Peer Supporters

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## *Building a Perinatal Depression Safety Net in Our Community*

Understand Perinatal Mood Disorders (including Postpartum Depression) and how best to support women and families in need of help. Training presented by Sonia Murdock, Executive Director of the Postpartum Resource Center of New York.

**Date:** Tuesday, March 16, 2010 - 9:00 am - 9:30 am (registration and coffee)  
- 9:30 am - 12:30 pm (training)

**Location:** Islandia Village Hall  
1100 Old Nichols Road  
Islandia, NY 11749

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### **Training Objectives:**

- \* Gain a clear understanding of Perinatal Mood Disorders
- \* Understand cultural factors
- \* Understand the risk factors
- \* Gain tools to screen
- \* Gain outreach and educational materials
- \* Learn about available resources

### **To Register:**

Pre-registration is required.

Seating is limited.

Email [info@postpartumny.org](mailto:info@postpartumny.org) or call (631) 422-2255

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Thank you to the **Village of Islandia** for their support in providing the space for this training.

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The Postpartum Resource Center of New York is the 501(c)(3) nonprofit organization providing emotional support, educational information and training, and healthcare and support group resources to New York State women and their families at risk for or experiencing a Perinatal Mood Disorder.

The Postpartum Resource Center of New York's mission is to continue to increase awareness and access to care for families in need of help for Perinatal Mood Disorders, including Pregnancy and Postpartum Depression/Anxiety and Postpartum Psychosis.

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**Postpartum Resource Center of New York Helpline: (631) 422-2255**  
**[www.postpartumny.org](http://www.postpartumny.org)**