



LONG ISLAND  
DOULA ASSOCIATION, INC.

# Perinatal Mood Disorder Workshop

## *Building a Safety Net in Our Community*



### PERINATAL MOOD DISORDER WORKSHOP

In acknowledgment of Suffolk County's Perinatal Mood Disorders awareness month, LIDA, Inc., in collaboration with The Postpartum Resource Center of New York, Inc., is offering a Perinatal Mood Disorders Workshop.

**When:** May 21, 2015  
**Where:** Postpartum Resource Center of NY\*\*  
109 Udall Road, W. Islip, NY  
**Time:** 9am-3pm  
**Fee:** Breakfast & Lunch Provided  
\$90.00 (non-LIDA Members)  
\$80.00 (LIDA Members)  
\*\*Located at the Westminster United Presbyterian Church

**Registration:** [lidoulas.com/registration-form.html](http://lidoulas.com/registration-form.html)

**Guest speaker:** Sonia Murdock, Executive Director of Postpartum Resource Center of NY, Inc.

### Presentation Objectives

- Participants to gain a clear understanding of perinatal mood disorders
- Differentially diagnose postpartum depression, anxiety, panic, OCD and psychosis
- Assess prenatal risk factors
- Gain knowledge on tools to screen and further refer women for treatment
- Gain knowledge to available resources and social support for optimum recovery
- Participant to further gain a clear understanding of perinatal mood disorders
- Differentially diagnose postpartum depression, anxiety, panic, OCD, PTSD and psychosis
- To further help women and families best utilize resources