

MATERNAL MENTAL HEALTH AWARENESS MONTH

NEW YORK STATE EVENTS

MAY 2019

April 29 - May 3, 2019

#MakingOverMotherhood Challenge - Worldwide

The campaign will run from April 29th to May 3rd. The #MakingOverMotherhood campaign will feature daily memes to “make over” the image of a perfect motherhood and the notion that moms can do it all without support. More information can be found [here](#).

May 1 - 31, 2019

Diaper Drive

Hosted by Senator Phil Boyle to benefit the Postpartum Resource Center of New York.

Diapers can be dropped off at Senator Boyle’s district office: 69 W. Main Street | Suite B | Bay Shore, NY 11706. Take part in our Diaper Drive to help moms, dads, babies, families in your area. Your donation will make babies happier and healthier and allow those families in need to worry less and focus on raising a healthy family. More information in the [flyer](#) (pdf).

May 1-31, 2019

“Perinatal Mood and Anxiety Disorder Awareness Month” in Suffolk County. County to Host Free Screening Events for Residents.

Screening events for mothers with symptoms of Postpartum Depression. This event, free to the public, will also focus on increasing awareness throughout the county for mothers, fathers, family members, faith based communities, health care providers, mental health professions and public servants.

Throughout the entire month of May, free screenings will be offered from 9:00am - 4:30pm at the following WIC locations: HRHCare Elsie Owens Health Center | HRHCare Martin Luther King Jr. Health Center | HRHCare Marilyn Shellabarger Health Center at Shirley | HRHCare Brentwood Family Health Center | HRHCare Maxine Postal Tri-Community Health Center | Northwell Health Dolan Family Health Center | HRHCare Riverhead Health Center | HRHCare Kraus Family Health Center.

May 1, 2019

World Maternal Mental Health Day - Worldwide.

More information [here](#).

May 1, 2019

“Perinatal Mood and Anxiety Disorder Awareness Month” in Suffolk County. County to Host Free Screening Events for Residents.

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Details: 9:30 AM - 11:00 AM | Bay shore Brightwaters Public library | 1 South Country Rd., Brightwaters, NY.

May 4, 2019

“Perinatal Mood and Anxiety Disorder Awareness Month” in Suffolk County. County to Host Free Screening Events for Residents.

Screening events for mothers with symptoms of Postpartum Depression. This event, free to the public, will also focus on increasing awareness throughout the county for mothers, fathers, family members, faith based communities, health care providers, mental health professions and public servants.

Details: 9:30 AM - 11:00 AM | Central Islip Public Library | 33 Hawthorne Ave., Central Islip, NY.

May 5-7, 2019

Mom Congress, Washington D.C.

Mom Congress is a 3-day event bringing together Moms and those who support them from around the U.S. to talk about what matters most.

More information [here](#).

May 5, 2019

WNY Doulas Better Birth Conference

Amherst, NY. Event information [here](#).



Postpartum Resource Center of New York
Perinatal Mood and Anxiety Disorders: Finding the Help you Need.
109 Udall Road, West Islip, NY 11795 | Toll Free State-wide Helpline: 855-631-0001 | info@postpartumny.org | postpartumny.org
Serving New York State Families Since 1998

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May 6 - 8, 2019

10th Annual Help Me Grow National Forum

Buffalo, New York.

More information [here](#).

May 11, 2019

11th Sounds of Silence 5K/10K Run (Walk/Stroller-walk with Kid's Fun Run) To Break the Silence for Pregnancy and Postpartum Depression Awareness.

Jones Beach State Park, Wantagh, New York

Event, Registration, Sponsorship Information [here](#).

May 13, 2019

"Perinatal Mood and Anxiety Disorder Awareness Month" in Suffolk County. County to Host Free Screening Events for Residents.

Screening events for mothers with symptoms of Postpartum Depression. This event, free to the public, will also focus on increasing awareness throughout the county for mothers, fathers, family members, faith based communities, health care providers, mental health professions and public servants.

Details: 10:00 AM - 12:00 PM | HRHCare Brentwood Family Health Center.

May 15, 2019

"Perinatal Mood and Anxiety Disorder Awareness Month" in Suffolk County. County to Host Free Screening Events for Residents.

Screening events for mothers with symptoms of Postpartum Depression. This event, free to the public, will also focus on increasing awareness throughout the county for mothers, fathers, family members, faith based communities, health care providers, mental health professions and public servants.

Details: 10:00 AM - 11:00 AM | Middle Country Public Library, 101 Eastwood Blvd., Centereach, NY.

May 15, 2019

"Perinatal Mood and Anxiety Disorder Awareness Month" in Suffolk County. County to Host Free Screening Events for Residents.

Screening events for mothers with symptoms of Postpartum Depression. This event, free to the public, will also focus on increasing awareness throughout the county for mothers, fathers, family members, faith based communities, health care providers, mental health professions and public servants.

Details: 10:30 AM - 11:30 AM | Riverhead Free Library, 330 Court St., Riverhead, NY.

May 17, 2019

"Perinatal Mood and Anxiety Disorder Awareness Month" in Suffolk County. County to Host Free Screening Events for Residents.

Screening events for mothers with symptoms of Postpartum Depression. This event, free to the public, will also focus on increasing awareness throughout the county for mothers, fathers, family members, faith based communities, health care providers, mental health professions and public servants.

Details: 10:00 AM - 12:00 PM | Brentwood Public Library, 34 Second Ave., Brentwood, NY.

May 18, 2019

"Perinatal Mood and Anxiety Disorder Awareness Month" in Suffolk County. County to Host Free Screening Events for Residents.

Screening events for mothers with symptoms of Postpartum Depression. This event, free to the public, will also focus on increasing awareness throughout the county for mothers, fathers, family members, faith based communities, health care providers, mental health professions and public servants.

Details: 10:00 AM - 12:00 PM | Brentwood Public Library, 34 Second Ave., Brentwood, NY.



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May 19, 2019

Crouse Health 3rd Annual Marching for Mothers Walk Marching for Mothers supports those living with Perinatal Anxiety & Depression..

Long Branch Park, Liverpool, New York.

Event, Registration, Sponsorship Information [here](#). March for Mothers flyer [here](#).

May 19, 2019

CNY RPP Educational Evenings – Perinatal Mood & Anxiety Disorders

The CNY Regional Perinatal Program would like to welcome health care professionals and community members to its third Regional Educational Evening. Come join us for an evening focusing on Perinatal Mood and Anxiety Disorders.

The Marley Education Center, 765 Irving Avenue, Syracuse, NY 13210.

Event, Registration, Sponsorship Information [here](#).

May 20, 2019

“Perinatal Mood and Anxiety Disorder Awareness Month” in Suffolk County. County to Host Free Screening Events for Residents.

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Details: 10:00 AM – 12:00 PM | HRHCare Maxine S. Postal Tri-Community Health Center.

May 21, 2019

“Perinatal Mood and Anxiety Disorder Awareness Month” in Suffolk County. County to Host Free Screening Events for Residents.

Screening events for mothers with symptoms of Postpartum Depression. This event, free to the public, will also focus on increasing awareness throughout the county for mothers, fathers, family members, faith based communities, health care providers, mental health professions and public servants.

Details: 10:00 AM – 12:00 PM | HRHCare Martin Luther King Jr. Health Center.

May 23, 2019

Perinatal Mood and Anxiety Disorders: Building a Safety Net in our Community Long Island Doula Association (LIDA) and the Postpartum Resource Center of New York.

Training at: Postpartum Resource Center of New York, 109 Udall Road, West Islip, NY 11795.

Event Information and Registration [here](#).

Event Flyer [here](#).

May 31, 2019

Perinatal Opioid Dependence | Presenter: Amanda Tinkelman, MD

Community Counseling Services of West Nassau, Franklin Square, NY.

Event Information and Registration [here](#).

Event Flyer [here](#).

June 11 – 12, 2019

Circle of Caring Training | Postpartum Resource Center of New York

Postpartum Resource Center of New York, 109 Udall Road, West Islip, NY 11795.

Event Information and Registration [here](#).

Event Registration (pdf) [here](#).



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