



# Maternal Mental Health Matters!

Join our free virtual workshops and learn strategies that will add more self-care to your daily life!

\* Hosted by interns Carolyn, Colleen, Kyrstyn, and Marc

Mind, Body, and Health

Building a Better Me: Increasing Self-Esteem

Wednesday 4/26 @ 11am EST

Thursday 4/27 @ 11am EST

[Register Here!](#)

Myths about Parenthood

Caring Connections

Wednesday 5/03 @ 11am EST

Thursday 5/04 @ 11am EST

Love Loudly through Self-Compassion

Finding your Inner Peace

Wednesday 5/10 @ 11am EST

Thursday 5/11 @ 11am EST

