

# MATERNAL & INFANT MENTAL HEALTH SESSION

## JOIN US!

The Douglas County Perinatal Taskforce, in partnership with local community organizations, is hosting a **free** session focused on maternal and infant mental health. Knowledgeable local speakers will share practical tools, encouragement, and strategies to support emotional well-being during pregnancy and early parenthood. Families are invited to enjoy a **free dinner** together, with on-site childcare available so parents and caregivers can take time to relax, connect, and fully participate. Join us to build community, learn together, and leave with resources to help you and your baby feel supported and thrive.

Fathers and partners are welcome and encouraged to attend!

**WEDNESDAY  
18 MARCH**

**5:30PM TO 7:30PM**

 **GREEN ELEMENTARY SCHOOL**

**REGISTER HERE**

Or scan the QR code!



**FREE ONSITE  
CHILDCARE!**

**AWESOME  
RAFFLE PRIZES!**

**FREE FAMILY  
MEAL!**

