



Pregnancy & Postpartum Support MN

Training Opportunity for:

Volunteers & Community Workers:

Supporting Women During and After Pregnancy

A 1-day peer-support training designed especially for
Volunteers, lay-people and non-mental health professionals

JOIN US IF YOU WOULD LIKE TO:

- Volunteer to work on the PPSM Telephone Helpline**
- Increase Skills in Supporting New Parents**
- Consider starting a Support Group in your community**

LEARN ABOUT:

- Perinatal Mood and Anxiety Disorders
- Community Resources
- Providing Social Support
- Self-Care while Supporting Others

Saturday, February 11, 2012

8:15am Registration, Training 8:30am – 4:30pm

Bring a bag lunch

Training location:

Nystrom & Associates
7300 – 147th St. W #204
Apple Valley, MN 55124

Fees: \$25

Register online: www.ppsupportmn.com

More info: training@ppsupportmn.com

This is an introductory training that does not assume to fully prepare participants to lead support groups or work with parents struggling with mental health issues.