



San Mateo County 2021 Mental Health Month

Supporting Perinatal Mental Health

#HopeForChange

Wednesday May 5th

1pm-2pm English / 2pm-3pm Spanish

Topic: In honor of World Maternal Mental Health Day, the Prenatal to Three Initiative will be addressing perinatal mental health needs to support first time mothers. Mothers will also learn infant massage techniques for their babies.

Registration info: _

https://us02web.zoom.us/meeting/register/tZEtd-yhrz0sGtM8VRUZGs-OHpi_0uhFMrp9

First time mothers who are pregnant or with a baby under one year. Raffle prizes will be provided. This event will be recorded.

Contact info: Hedwig De Ocampo

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View our full list of **FREE** events happening throughout the month of May at SMCHealth.org/MHM

