

Beyond the Baby Blues Conference



Beyond the Baby Blues is a full day conference designed to educate professionals and families about mood disorders and anxiety before, during and after pregnancy. This year's topics include complimentary health techniques for treating depression; using the EPDS in clinical decision-making; the psychological impact of pregnancy loss; sleep health for new parents; eating disorders in perinatal women; and social media's impact on parenthood and mental health.

Thursday, June 7th, 2018
University of Minnesota CECC
1890 Buford Avenue, St. Paul 55108

Keynote Address:

Jamie Zahlaway Belsito

Jamie is the founder of Effie's Grace, LLC, an organization that advocates for positive policy outcomes in women's health and wellness. Jamie is a subject matter expert in maternal mental health policies on both a state and federal level, and brings her expertise to the Massachusetts Statehouse and Capitol Hill to seek better maternal health outcomes for pregnant and new moms.



Registration is \$125 (student registration is \$50). Lunch is included. CEUs are available.

Sponsorship and exhibitor opportunities are available. Contact Briana Libby at blibby@namimn.org or (651) 645-2948 x128 for more information.



Register online at
<https://2018babyblues.eventbrite.com>



NAMI Minnesota (National Alliance on Mental Illness) is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. NAMI Minnesota offers education, support and advocacy.