

YOUR LIFE MATTERS.

Fighting Maternal Health Inequity.

Free Virtual Public Webinar

“Anxiety, Stress and Work-Life Balance for Pregnant Women”

Saturday, April 17, 2021, 10 a.m. – 12 p.m.

Part of the PBGH and Highmark Foundation Health Equity Series

Anxiety, stress and the decay of work-life balance have severe consequences on pregnant women – impacting their overall mental health pre- and post-pregnancy.

In Pittsburgh alone, newborn deaths are two times more likely among Pittsburgh’s black women compared to white women. Learn how to spot the warning signs, cultural risks, comorbidities, depression and the lack of work-life balance to help yourself or your loved ones.

Perinatal Mental Health, A Father’s Perspective



Moderator
Samantha Ferris, CRNP
Perinatal Mental Health Nurse Practitioner, AHN Women’s Behavioral Health



Steven D’Achille,
Founder and President,
Alexis Joy D’Achille Foundation

Steven D’Achille turned tragedy into hope for thousands of women and their families. Hear the story that changed his life and how his experience can change yours.

Panel Discussion

This expert panel will illuminate the cultural risks and comorbidities associated with anxiety, stress and depression as it relates to pregnancy among all women.



Moderator
Jamila Pleas, RN
CEO and Founder,
Her Birth Right



Veronica Ades, MD, MPH
Vice Chair of the Department of Obstetrics and Gynecology,
Jacobi Medical Center



LaSandra Hutchinson,
CEO, Grace and Grief

The Invisible Effects of Psychological Trauma



Dr. Alauna Curry, Founder,
Trauma Recovery Institute

Psychological trauma and stress during pre-conception, pregnancy and post-partum results in negative outcomes for women. Learn how empathy helps meet mental health challenges inherent in our culture today.

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