## Parenting Workshop



Join us for a panel discussion led by Edward Plimpton, PhD from NAP.

What happens to your brain when you are pregnant and in the postpartum period? Mariana Pereira, PhD, Associate Professor at UMass has studied this topic extensively

What should we know about perinatal mood and anxiety disorders? Johanna Neumann, LCSW is a therapist specializing in this phase of parenting. Lauren Harris, LMHC, PMH-C runs the Center for Perinatal Wellness.

What about nursing and feeding your baby? The experience of breastfeeding. Kate Bohne, IBCLC is NAP's lactation consultant.

Sunday, March 30, 2025 4:00pm - 5:30pm

Zoom Meeting ID: 848 4316 6008