

Perinatal Mental Health

August 20, 2026

1:30-3:00pm MT

The perinatal period is a time of significant biological, psychological, social, and cultural change that can influence mental health in unique ways. This session will provide foundational knowledge to recognize common perinatal mental health concerns, understand assessment through a perinatal lens, and use a practical assessment guide to identify when additional assessment, referral, or specialized support may be needed. Participants will also explore key risk and protective factors and evidence-informed approaches to providing compassionate, trauma-informed, and culturally responsive care.



Learning Outcomes:

- Describe common perinatal mental health conditions and how they may present differently during pregnancy and postpartum period
- Recognize the biological, psychological, social and cultural factors that influence perinatal mental health and integrate key risk and protective factors into assessment
- Apply a perinatal lens to mental health assessment, including safety concerns and appropriate next steps for intervention and referral
- Utilize a comprehensive perinatal mental health assessment guide to support holistic, trauma-informed and person-centered care

Speakers:

Ivy Parsons, Clinical Addiction Practice Lead, Recovery Alberta, Enhanced Services for Women Program and Neonatal Abstinence Syndrome Mother Baby Care Improvement Program

Katherine Bright, Triage Coordinator Women's Mental Health Clinic, Recovery Alberta



Target Audience: The session is intended for Community Health Nurses who work with pregnant and parenting individuals living on Alberta First Nation Reserves

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<https://fntn.ca/Home/Register-VC?eid=23001>

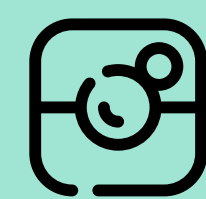
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