

2015 Maternal Wellness Forum

Transformed by Postpartum Depression

Presented by

Walker Karraa, PhD

Date: Friday, May 29, 2015

Time: 9:00-2:00pm

Registration & Luncheon: \$50

Board of Behavioral Sciences and Bureau of Registered Nursing CEUs: \$20

Each registrant will receive a **free copy** of "Transformed by Postpartum Depression" authored by Walker Karraa, PhD.

Location: San Luis Coastal Adult School, Room J-2 1500 Lizzie St., San Luis Obispo

Registration: support@cfsslo.org

Questions? Call 805-543-6216

Learning Outcomes

- Improved understanding of our own internal stigma as individuals
- Recognize roles of Mothers across the Lifespan
- Increase our maternal mental health literacy knowledge
- Acknowledge our ability to change behaviors that we create

Bureau of Registered Nursing (Provider #CEP 13679)

San Luis Obispo County Child Abuse Prevention Council is providing 4 Continuing Education Units for the 2015 Maternal Wellness Forum

Board of Behavioral Sciences (Provider #PCE 2601)

The 2015 Maternal Wellness Forum meets the qualifications for 4 hours of continuing education for MFCC and/or LCSWs as required by California Board of Behavior Sciences.

Center for Family Strengthening



Helping families thrive.



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adult school
(805) 549-1222 • Fax: (805) 544-0638
adultschool@slcoed.org • Website: slcoed.org
Community, Career & Adult Education
1500 LIZZIE STREET • SAN LUIS OBISPO • CA • 93401-3062

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Thank you to our partners for helping make the 2015 Maternal Wellness Forum possible.