Two people playing cards

Description automatically generated with low confidence****

**Caring for your Mental Health During Pregnancy**

*If you or someone you know would like support with [insert relevant topic], please call* ***[insert resource name & contact information].***

**[Insert Date and Time]**

Please join us to learn a little bit about mental health during pregnancy. The gathering will provide useful information and an opportunity to discuss the following topics with [insert audience]:

* Finding the right provider
* Identifying your support system
* Tips to support your emotional health during pregnancy

**Presented by [name], [organization]**

Insert two sentence biography of subject matter expert.

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**Insert Logo and/or Picture of Presenter**