

# BLACK MATERNAL MENTAL HEALTH WEEK

**Centering You & Your Emotional Well-Being**

**Holding Space. Honoring Truth. Healing Together.**

**Join us for a week of complimentary workshops focused on healing, connection, and culturally rooted care.**

**Facilitated by Black therapists, healers, and advocates, these sessions provide safe spaces for exploring emotional wellness through storytelling, valuable tools, and shared experiences.**

**Whether you identify as a Black birthing person, caregiver, or ally—this is your opportunity to rest, reconnect, and uplift one another.**

*Register Today*



**SaferBirthsnow.com**



**DATE: July 19<sup>TH</sup> - 25<sup>TH</sup>**

**Free**

**Safer  
Births.**

# THE HEARTWORK OF MOTHERING: CARE, CONVERSATION, AND COMMUNITY

## You Are Not Alone: The Psychology of Infertility

Join Dr. Erica McKinney for a session centered on Black women, birthing people, and their supporters as we explore the emotional toll of infertility. We'll unpack grief, anxiety, and identity struggles, while addressing the impact of racism, stigma, and systemic inequities. Learn affirming strategies for healing and the value of collaborative, culturally responsive care. This is a space for reflection, learning, and support without blame.



**DATE: July 21**



**TIME: 7 PM-8PM ET**

*Register Today*

**Safer  
Births.**

**SaferBirthsnow.com**



**Dr. Erica McKinney**  
PhD

# THE HEARTWORK OF MOTHERING: CARE, CONVERSATION, AND COMMUNITY

Rooted in Compassion- Substance Use, Pregnancy, and Healing

Black women are often blamed ~ not heard ~ when substance use and pregnancy intersect.

This session with Dr. Yamicia Connor offers truth without shame and support without judgment.

For anyone who cares about Black mothers.



DATE: July 21



TIME: 4PM- 5PM ET

*Register Today*

**Safer  
Births.**

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**Dr. Yamicia Connor**  
MD, PhD, MPH

# THE HEARTWORK OF MOTHERING: CARE, CONVERSATION, AND COMMUNITY

## Bedside to Bassinet: A Nurse Mom's Postpartum Journey

**A powerful, compassionate conversation on the emotional shifts of becoming a mother. We'll explore one woman's journey through infertility, IVF, and postpartum mental health—and hear expert insight from a nurse working in one of the nation's few perinatal psychiatric units. For new moms, expecting parents, birth workers, and anyone supporting maternal wellness.**



**DATE: July 24**



**TIME: 7 PM-8PM ET**

*Register Today*



**Desh Maurice Lee**  
BSN, RN, CMSRN



**Margret Hickman,**  
BSN, RN



# THE HEARTWORK OF MOTHERING: CARE, CONVERSATION, AND COMMUNITY

## Weaving Wellness: Mental Health and the Power of Your Village

Join us for a heartfelt conversation on the emotional journey of pregnancy, birth, and postpartum with Dewanna Cuthbert, MS. We'll explore perinatal mental health, debunk common myths, and share practical tools for self-care, setting boundaries, and building support. Includes a live Q&A, resource sharing, and space for professionals. Real talk. Real support. You're not alone—let's build the village together.



DATE: July 22



TIME: 3 PM- 4PM ET

*Register Today*

**Safer  
Births.**

**SaferBirthsnow.com**



**Dewanna Cuthbert**  
MS, CBE, CD

# THE HEARTWORK OF MOTHERING: CARE, CONVERSATION, AND COMMUNITY

## Delivering Joy: Real Talk on Protecting Your Mind and Body

**Postpartum depression is real—and it doesn't care about your title or background. This session offers real talk, early signs to watch for, and tools to protect your emotional wellness after birth.**

**No stigma. No sugarcoating. Just support.**



**DATE: July 24**



**TIME: 7 PM- 8PM ET**

*Register Today*



**Dr. Joy Baker**  
**OB/GYN**

**Safer  
Births.**

**SaferBirthsnow.com**

# THE HEARTWORK OF MOTHERING: CARE, CONVERSATION, AND COMMUNITY

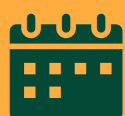
## Beyond the Bump: Protecting Your Emotional Health

**Motherhood is beautiful—but it can also feel overwhelming.**

**This session offers real talk and practical tools for staying emotionally grounded through pregnancy, birth, and postpartum.**

**We'll cover early signs of distress, building a supportive care team, and navigating anxiety, loneliness, and sleepless nights.**

**For parents, birth workers, and anyone who cares about perinatal emotional wellness.**



**DATE: July 21**



**TIME: 8 PM- 9PM ET**

*Register Today*



**Rosalee Henry**  
CPD, CNCS, CCHW



**Dr. Janet A. Williams**  
MSM, CNM, FACNM

**SaferBirthsnow.com**