

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.

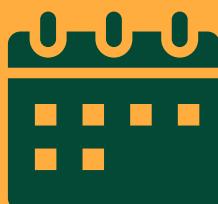
Facilitated by Black therapists, healers, and advocates, these sessions provide safe spaces for exploring emotional wellness through storytelling, valuable tools, and shared experiences.

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 19TH - 25TH



**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

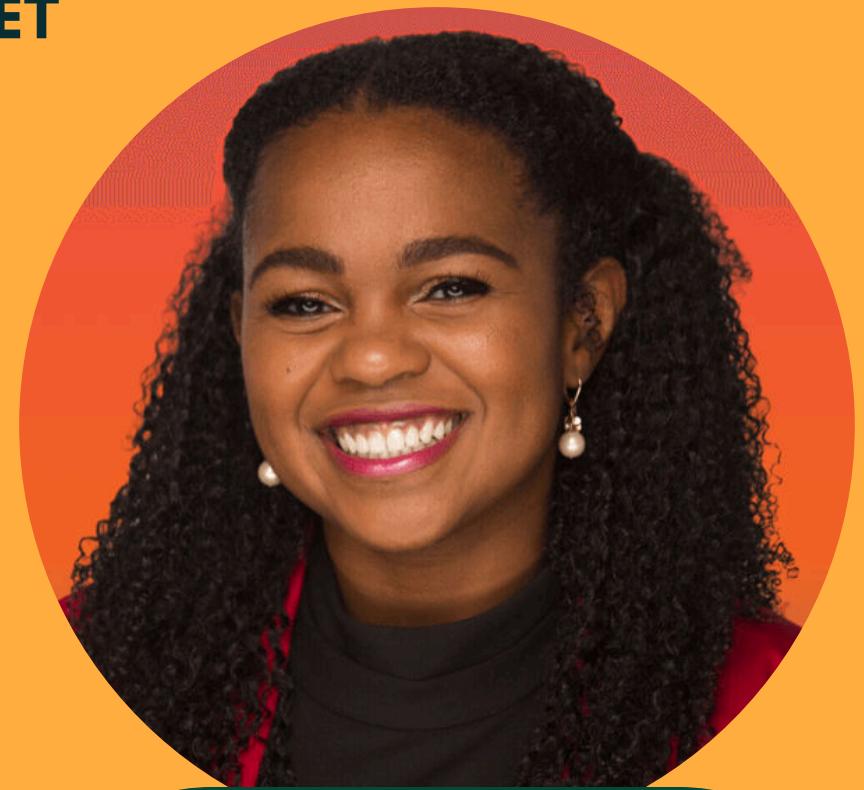


TIME: 4PM- 5PM ET

Register Today

**Safer
Births.**

SaferBirthsnow.com



**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

**Safer
Births.**

SaferBirthsnow.com



**Dr. Joy Baker
OB/GYN**

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