**Mental Health During Pregnancy**

*Community Education Presentation*

**Presenter’s Agenda**

**Insert Date of Presentation**

**Insert Time of Presentation**

**Insert Location Information**

|  |  |  |
| --- | --- | --- |
| Timing | Topic | Description |
| 5 minutes | **Welcome, Introduction & Overview of Agenda** | * Introduce self, organization, and experience with topic
* Review the three key ideas that attendees will know at the end of the presentation
* Briefly review the agenda or timing
 |
| 12 minutes | **Presentation of Information** | * Provide information focusing on the three key ideas:
	+ Finding the right provider
	+ Identifying your support system
	+ Tips for managing stress and taking care of emotional health during pregnancy
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| 5 minutes | **Engagement Activity** | * **Think-Pair-Share**: What was the most important take away that you learned during our time together?
* **Group Discussion:** What can you do to manage stress and support emotional well-being during pregnancy?
* **Reflection:** Who can you reach out to if you find yourself struggling emotionally during pregnancy or after delivery?
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| 5 minutes | **Questions** | * Participants pose questions and the presenter responds
 |
| 3 minutes  | **Closing** | * Presenter thanks the attendees and provides additional resources regarding the topic
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Published 2022. To learn more about the MHN, please visit our website at [www.maternalhealthnetworksbc.com](http://www.maternalhealthnetworksbc.com).