**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 |
| 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? |
| 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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