

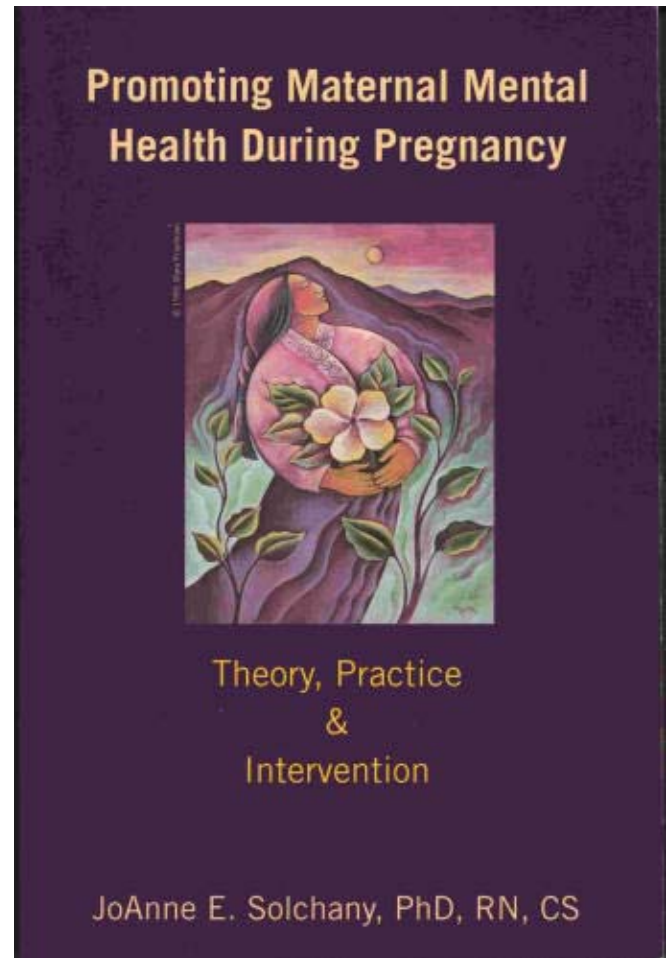
Promoting Maternal Mental Health During Pregnancy Training

On Thursday, July 15, 2010, REACH CNY, Inc and Regina Canuso and will present a full-day workshop, 9am–4 pm, for health and human services professionals addressing women’s psychological and emotional health during pregnancy. This program is designed to assist pregnant women in moving beyond the physical dimensions of pregnancy by addressing the emotional and psychological challenges new mothers face, including post-partum depression, unresolved grief or loss, and other mental health disruptions. Progressing beyond theory, this workshop will provide home-visitors, clinicians, and others on the frontlines of maternal and child health with a series of mother-centered interventions that support the emotional and psychological course of pregnancy and the mother-child relationship.¹

About the Presenter

Regina Canuso is a Clinical Nurse Specialist in Psychiatric Nursing, Consultant with UNC-CH School of Nursing Maternal Depression Projects. She has over 20 years experience working with young children. Canuso spent 15 years working with Head Start and Early Head Start in a variety of roles including Head Start site nurse, Disabilities Coordinator, Health and Mental Health Coordinator for Early Head Start, and as the Mental Health Coordinator for a combined Head Start/Early Head Start program, P.E.A.C.E., Inc., in Onondaga County, New York.

For more information on this workshop, and to register, please contact Kathleen Hayden at REACH CNY, Inc. by phone at 315-424-0009 or email khayden@reachcny.org.



Click [here](#) to view and print out the more detailed workshop brochure and registration form.

1. Solchany, Joanne. *Promoting Maternal Mental Health During Pregnancy: Theory, Practice, & Intervention*. “Introduction,” p vii. NCAST-AVENUW Publications. 2009.