



WHEN NEW PARENTS FEAR THEMSELVES: SCARY THOUGHTS IN THE PERINATAL PERIOD

Presented by:

Hilary Waller, LPC

Director of Programming/
Psychotherapist

The Postpartum Stress Center, LLC

- WHAT IT MEANS WHEN PARENTS EXPERIENCE UNWANTED INTRUSIVE THOUGHTS IN THE PERINATAL PERIOD
- COMMON SCARY THOUGHT THEMES AND HOW TO RESPOND
- REDUCING RESISTANCE TO DISCLOSURE
- RESOLVING FEAR AND STIGMA

FRIDAY, DECEMBER 9, 2022
9:30 AM - 11:00 AM

REGISTER HERE

CMES, NURSING, SOCIAL WORK,
& CRS/PEER CREDITS OFFERED

*Facilitated by the
Health Federation of Philadelphia
with support from
Community Behavioral Health*



KRISTIN WALKER, KWALKER@HEALTHFEDERATION.ORG