



# Health Mother Health Future (HMHF)

## Having a baby can be an exciting and emotional time!

This change in your life and the lives of your Whānau can make you feel overwhelmed and can affect your emotional wellbeing during this challenging time.

- **1 in 5 women have depression or anxiety at some stage in their pregnancy or after the baby is born.**
- **1 in 10 partners also experiences similar emotional distress**

Having a new baby is tough. It is crucial to protect your health and well-being for the sake of yourself, your family, and the baby.

Please join this workshop for useful tips on self-care and stress management during this challenging time with COVID19.

- **Japanese women who are pregnant or mothers with a baby (under 1yr)**
- **Family members /caregivers/Service providers are also welcome to join**

### Emotional Wellbeing Workshop for Asian mother and pregnant women

**Topic: Emotional wellbeing during perinatal period**

**Speaker: Chieko McGee**

**On-line Registration**

**Date & Time: 10 May 2022**

**10am – 11am**

**ZOOM ID: 970 7342 9441**

