



Canadian Mental
Health Association
Saskatchewan
Mental health for all



years of
community

MotherFirst Maternal Mental Health Strategy of SK and the Canadian Mental Health Association (Saskatchewan Division) Inc. present the 2018

Our Mothers, Our Future Conference



The conference will offer a two-day certificate of completion course presented by Postpartum Support International (PSI), as well as Canadian specialists, on the subject.

Get practical strategies, tools and critical health updates to help you:

- **UNDERSTAND** the latest research and developments in this area
- **DEMYSTIFY** the numerous taboos surrounding perinatal mental health
- **CREATE** effective prevention programs
- **CONNECT** with leaders across the province who are working to make a difference in the life of new mothers and families.

SPECIAL GUEST SPEAKER, Margaret Trudeau

Margaret Trudeau is a Canadian icon, celebrated both for her role in the public eye and as a respected mental health issues advocate. Margaret tirelessly shares her personal stories to remind others of the importance of nurturing the body, mind and spirit.



Early Bird REGISTRATION (before April 30/18):

Professionals **\$275.00** | Non-professional (mothers, family members) **\$150.00**

REGISTRATION after April 30, 2018:

Professionals **\$325.00** | Non-Professional (mothers, family members) **\$175.00**

MAY 25-26, 2018

SHERATON CAVALIER HOTEL, SASKATOON

REGISTER @ WWW.SK.CMHA.CA

306-525-5601