

Radiance



Supporting the emotional wellbeing of
parents with their journey into parenthood



SOUTH WEST
**Women's
Health**
& Information Centre

The Radiance Network is very excited and proud to host a
Perinatal and Infant Mental Health Symposium in the South West in 2019

Together Anything is Possible

"We don't have to do it all alone. We were never meant to." Brené Brown

The symposium's keynote speaker is Dr Vijay Roach from the Gidget Foundation in NSW. The Gidget Foundation is a not for profit organisation that provides programs to support the emotional wellbeing of expecting and new parents. The Gidget Foundation also provides education and awareness programs to health professionals and the community.

Symposium Program

08.00	Registration	
08.30	Opening by MC Caroline Marissen	
08.45	Welcome to Country	
08.55	Dr Vijay Roach	"Start Talking"
09.40	Sharon Cooke and Sue Coleson	'Holding Space' and Mother Baby Nurture
10.10	Dr Sarah Moore	Mindfulness for parents
10.30	Morning tea	
11.00	Dr Keith Mowat	Men's mental health
11.30	CJ Heins	Consumer perspective
12.00	Professor Megan Galbally	Understanding maternal mental health and child outcomes: Pregnancy Emotional Wellbeing Study
12.40	Lunch	
13.40	Belinda Butler-O'Halloran	What new parents really want
14.00	Leanda Verrier	Update on statewide perinatal infant mental health
14.30	Madeline Day and Margaret Muldoon	FSH Mother Baby Unit
15.00	Afternoon tea	
15.30	Catherine Knox	The challenges of developing a perinatal mental health service in the not for profit sector
16.00	Questions for the Panel	
16.30	Close of symposium	
16.30 - 18.30	Sundowner	

Purchase tickets through radiancesouthwest.com.au/symposium