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Network News Issue #17 - April 2023



## Women & Children's Health Network

CENTRAL REGION NORTH



### June 1st Spring Forum Registration Information

Register for the Network's Spring Forum [HERE](#).  
**Register today** as space is limited!

The event will kick off with lunch from Dino's Fresh Food Deli. We will have a host of great speakers that align with our Network's clinical priorities. There will be some fantastic take home information and resources. We will also be celebrating the launch of our first strategic plan. It is an event you won't want to miss!

This event is sponsored by the Network - No registration fee

*Location & Time: Chigamik Community Health Centre, Midland 12:30 - 4:30 pm*

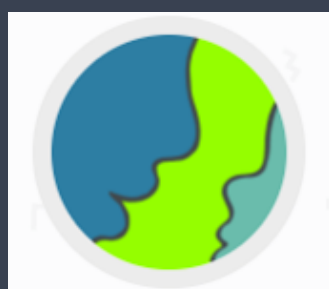


### Paediatric Education

**COMING SOON - Network Sponsored S.T.A.B.L.E. COURSES**

We are fortunate to have a new STABLE instructor within our region. S.T.A.B.L.E. stands for **S**ugar, **T**emperature, **A**irway, **B**lood pressure, **L**ab work, and **E**motional support and is a post-resuscitation/pre-transport stabilization care course to support clinical teams caring for sick infants. Please watch for further details in subsequent Network Newsletters.

**The Network will be sponsoring 4 courses this year for our region.**



### World Maternal Mental Health Day - May 3rd

"No Health without Mental Health"

*Please consider profiling this day within your own organizations and supporting our advocacy efforts:*

- WMMH Day [website](#) - great infographics, posters, social media content
- [Flora's Walk](#) for Perinatal Mental Health - Canada-wide fundraising and awareness event. Over 40 walks and events planned across Canada in honour of Flora Babakhani, a Toronto mom who lost her life in 2022 to untreated and undiagnosed postpartum psychosis - read her story [here](#). Funds raised are supporting the work of the Canadian Perinatal Mental Health Collaborative (CPMHC) + scholarships for community-based organizations to fund their projects/initiatives + scholarships to

Here are our locally-planned events:

1. [BARRIE](#) awareness walk. All invited to attend, no donation required but appreciated. Wednesday May 3<sup>rd</sup> in Barrie from 1130 am - 1 pm at Meridian Place.
2. [Ladies Paint Night](#) at Serenity Birth Studio - April 15<sup>th</sup> SOLD OUT. Second date added May 6<sup>th</sup>. 100% of proceeds going to CPMHC
3. [Bowling tournament](#) for Flora's Walk at Coldwater Bowling Centre - Sunday May 7<sup>th</sup> from 1-5 pm. Register at hyperlink above and create a team.
4. The Holding Space in Orillia - event TBD

1. **FREE or low cost PMH therapy options:**

- a. LWAB <https://www.lifewithababy.com/Mental-Health-Counselling>
- b. Perinatal Wellbeing Ontario <https://www.perinatalwellbeing.ca/pay-what-you-can-therapy>

4. **Complimentary 90-minute Perinatal Mental Health 101 training** - next scheduled webinar is taking place June 22/2023. Great for new employees with no pre-existing knowledge of PMH. Click [here](#) to register



## Prom Season is Here! Help Support Youth in Our Communities

Two fantastic events are planned in Barrie and Orillia to support young women preparing for prom. Support would be appreciated either by way of a direct donation of formal wear or promotion of these upcoming events:

**To donate:**

*[Barrie's PromGlitz event:](#)*

If you have a dress to donate that is in good condition and is less than 5 years old, please drop it off at the Kozlov Centre with the Security staff, or in the office at St. Peter's Catholic Secondary School at 201 Ashford Dr. in Barrie.

*[Orillia's Glitz it Up event:](#)*

Donations can be dropped off Monday to Friday anytime after 2:30 pm  
Orillia Youth Centre - 9 Front Street South Orillia, ON L3V 4S1

**To help with event promotion:**

Please post this information (poster linked below) in the areas/waiting rooms that youth may be accessing within your organizations.

**Thank you - Merci - Miigwech**

**Barrie Event: Prom Glitz**

**Orillia Event: Glitz it up**



**Our emailing address is:**  
Networkfeedback@osmh.on.ca

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