



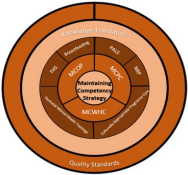
NEWS NETWORK

North Simcoe Muskoka Regional Women & Children

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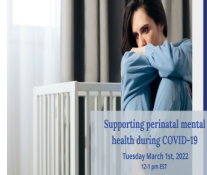
In this issue:



Network Sponsored **free** PALS Courses (seats now open for registration)



New Women's Health Working Group Chair



Webinar: Supporting perinatal mental health during COVID-19



Save the Date: March 1st & 2nd Strategic Planning and Network Branding

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Paediatric Advanced Life Support Courses:

April 26th & 27th 0900-1630 (Full course), April 28th 0900-1700 (Recertification) Where: The Heights of Horseshoe – 1101 Horseshoe Valley Rd W Oro-Medonte

The course is open to RNs, RPNs, RRTs, EMTs or Physicians who care for children in the hospital setting in North Simcoe Muskoka and Parry Sound

Seats are limited, register now. See registration forms and terms & conditions for further details. Questions? Reach out to: ayermar.ed@gmail.com

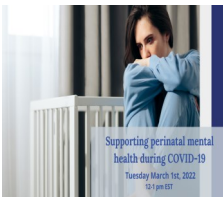
New Women's Health Working Group Chair



The Network would like to welcome Jessica Milligan to the Women's Health Working Group chair position. Jessica is a Nurse Practitioner at the Barrie & Community Family Health Team and has been an active member on the Women's Health Working Group for close to 2 years.

Jessica's clinical passions include working with marginalized populations, women's health, increasing access and equity to care and mental health. She will be a great asset to the Women's Health Working Group in her new chair position.

Webinar: Supporting perinatal mental health during COVID-19 (click link for registration (March 1 12-1))



Webinar Details: The postpartum period is a time of high risk for mental illness, impacting one in five birthing people. The COVID-19 pandemic and associated restrictions have had a substantial impact on mental health globally, with postpartum people being at particularly high risk.

This webinar will introduce the latest research on the impact of COVID-19 on postpartum mental health in Ontario and will describe barriers to and facilitators of access to postpartum mental health supports during the pandemic. This service provider-oriented workshop is designed to improve understanding of the mental health needs of postpartum people, and avenues for supporting their mental health, during and beyond the pandemic.

Save the Date: March 1st/2nd Strategic Planning & Network Branding

(Your attendance is requested at one of the two sessions)



Next month, we will be setting aside some time to gather your valuable feedback to develop our strategic plan for 2022-25. We will be building a shared purpose, branding our Network, and will also give some consideration to the Network name to ensure inclusivity. All ideas are welcome.

We will also be sharing some great foundational data to set the stage for our discussions. It is a great opportunity to change gears for a bit, Network with colleagues, and help set the path for Women and Children's Healthcare for our region.

Feedback on this issue? Is there upcoming education opportunities or News you would like to share with the Network? Email Marnie Lightfoot, Director—Regional Women and Children Network
MALightfoot@osmh.on.ca