



NEWS NETWORK

North Simcoe Muskoka Regional Women & Children

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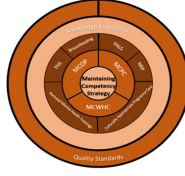
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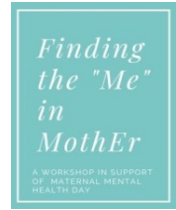
Introducing the Network's Newest Patient and Family Advisor



Well Wishes—Cheryl Harrison



Network Sponsored Neonatal Resuscitation Provider (NRP) Course May 17



World Maternal Mental Health Day—May 4 Event—Stronger Together

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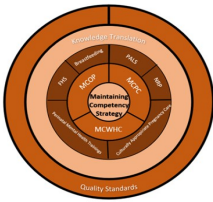
Please join me in warmly welcoming Nicole Leijh (pronounced: Lay) to our Network as the newest Patient and Family Advisor. Nicole will be joining the Women's Health Working Group and brings experience and perspective that will assist us tremendously with improving information, care and understanding. Nicole has experienced a miscarriage, an ectopic pregnancy, and it is through these lived experiences that she would like to contribute to our regional aim of improvement with patient and family voices at the forefront. Nicole has a 2-year-old son, Sullivan, and resides in Huntsville. Nicole will be an asset to our regional work. We are fortunate to have her join our team.

Well Wishes—Cheryl Harrison



As many are aware, this month Cheryl Harrison will be transitioning from OSMH to MAHC as their new President & CEO. The Network would like to sincerely thank Cheryl for her leadership and dedication to the Regional Women and Children Network. Cheryl has chaired the Network's Steering Committee since 2018 and has a passion for paediatrics, birthing and women's health care. We wish Cheryl all the best in her new role and glad that she will remain within our region continuing to advocate for excellent care for the populations our Network represents.

Network Sponsored Neonatal Resuscitation Provider (NRP) Course May 17th



The Network is sponsoring a second NRP course (8 total seats) on May 17th. NRP will be first come first serve so sign up today! Let's work to ensure all seats are filled in May to take advantage of this fantastic education opportunity. Open to all Midwives, Nurses, Physicians and Respiratory Therapists within the region. Please reach out to Jared Baxter at NRPLUSOSMH@gmail.com to register (note: course covered by the Network, CPS exam to be covered by individual attendees).

World Maternal Mental Health Day – May 4 — Stronger Together



World Maternal Mental Health Day, Wednesday May 4th, is fast approaching. This year's theme is STRONGER TOGETHER.

Did you know: 1 in 3 are struggling with depression, 1 in 2 are struggling with anxiety (through the pandemic, statistics have increased greatly).

Virtual workshop: Finding the "Me" in MothEr lead by 2 local perinatal mental health certified therapists in our region - Flyer attached (**please help spread the word by posting in your departments today and sharing forward**)

Also: Flora's Walk reminder in Barrie (see April Network News for more info) Wednesday May 4th. Come and join the walk if you can!

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