

# Navigating Early Parenthood and Military Life



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## EVENT PAGE:

[OneOp.org/learn/147565/](https://OneOp.org/learn/147565/)

## CONTINUING EDUCATION:

- **Social Workers, Licensed Professional Counselors, and Licensed Marriage and Family Therapists:** 1.5 CE credits will be obtained for Social Workers, LPCs, and LMFTs from the University of Texas at Austin, Steve Hicks School of Social Work
- **Case Managers:** This program will be submitted to the Commission for Case Manager Certification for approval to provide board-certified case managers with 1.5 clock hours
- **Certified Family Life Educators:** This program will be submitted to the National Council on Family Relations (NCFR) for 1.5 CE credit for CFLEs
- **Board-Certified Patient Advocates:** This program will be submitted to The Patient Advocate Certification Board to provide 1.0 CE credit to BCPAs, of which 0.0 are in the area of Ethics
- **Certificates of Attendance** are offered for those interested in documenting additional professional development hours

## ABOUT THIS WEBINAR:

Emerging research suggests that a significant number of new mothers are experiencing postpartum depression and associated risk/vulnerability factors, especially during the COVID-19 pandemic. One in three new mothers screened positive for postpartum depression, and one in five had major depressive symptoms (Postpartum Depression and Associated Risk Factors During the COVID-19 Pandemic, 2022).

This webinar focuses on strategies for supporting military families facing challenges in family functioning, new parent well-being, and maternal mental health. Join this webinar as presenters discuss developing effective communication strategies, self-care techniques, and community resources to identify challenges and support military families.

## LEARNING OBJECTIVES:

1. Recognize the challenges and strengths that military partners/spouses face
2. Develop strategies to identify clients they are working with, including recognizing the importance of understanding military service/culture and the impact on the family unit
3. Identify effective communication and community resources for maintaining the mental health and well-being of military mothers

## PRESENTERS:

### Summer Jones

Senior Writer/Training Specialist  
Military Family Projects  
ZERO TO THREE

### Jennifer Novak

Senior Writer/Training Specialist  
Military Family Projects  
ZERO TO THREE

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