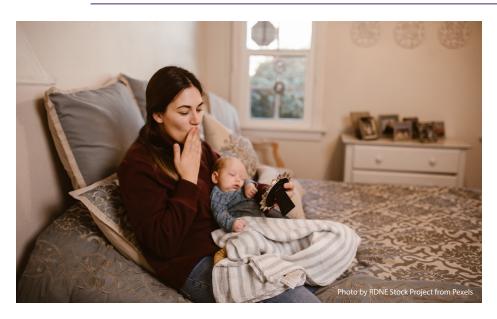
Navigating Early Parenthood and Military Life



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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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











