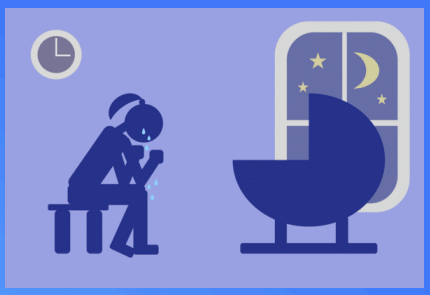
Palm Beach County Board of County Commissioners

Palm Beach County
Youth Services Department
Residential Treatment & Family Counseling Division
Education & Training Center
PRESENTS

Lunch & Learn

Beyond the Baby Blues: Understanding Postpartum Mental Health and Its Impact on Families



Presenter: Mariafernanda Macias, M.A.

Palm Beach County YOUTH Services
Growing Brighter Futures

Registration Link:

https://www.surveymonkey.com/r/6FYPF8D

If you have trouble accessing the survey, please copy the link and paste it directly into your browser

Date & Location

Tuesday, November 10, 2026

12:00 PM - 1:00 PM

ZOOM REMOTE VIDEO CONFERENCE

Once registration is confirmed, link to access the training will be provided

Description

This presentation will provide an overview of postpartum mental health, including the baby blues, postpartum depression, and postpartum psychosis. Participants will learn how to recognize common signs and symptoms, understand how these experiences can affect parents and their families, and identify ways to offer support and connect families with appropriate resources.

For more information on the Youth Services Department, Scan the QR code below

There is no cost associated with this program.