



## CSW SPEAKER SERIES

# BEING A NEW MOM IS HARD: TIPS FOR PRIORITIZING YOUR EMOTIONAL HEALTH

Becoming a parent is a life-changing experience that no one can fully prepare for. Join us for tips on maintaining your wellness during the first year postpartum.



**WEDNESDAY**

**JANUARY 15, 2025**

**7:15 PM - 8:00 PM**

**VIRTUAL VIA ZOOM**

### PRESENTER

**Kathy Donaldson,  
MSN, APN, C, WHNP-  
BC, PMH-C, RNC-OB,  
C-EFM**

Program Manager,  
New Jersey  
Postpartum Resources  
and Support Network  
(NJPRSN)

PRE-REGISTRATION IS REQUIRED

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SOMERSET COUNTY COMMISSION ON THE STATUS OF WOMEN  
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