

# Opening Up

Empowering Maternal Mental Health

— A Women's Health Concerns Clinic Event

St. Joseph's  
Healthcare  Hamilton

To learn more and to register, visit: [www.stjoesfoundation.ca/OpeningUp](http://www.stjoesfoundation.ca/OpeningUp)

The Opening Up Forum, a Women's Health Concerns Clinic Event, is a half-day, virtual event on December 6, 2021. Join us as we explore the journey of childbirth and mental health during the pandemic, and opportunities in the future of care and the delivery of mental health supports moving forward. The Women's Health Concerns Clinic at St. Joseph's Healthcare Hamilton specializes in pregnancy, postpartum, premenstrual and menopause-related mental health challenges, supporting women and their families.

**Monday, December 6, 2021**  
**8:30 to 12 noon – A virtual event!**

Opening Up speakers include health professionals, researchers and moms with lived experience. The event will discuss the challenges that mothers and families experienced during the pandemic, including the changes that resulted such as the development of virtual interventions.

## HOSTED BY



### Julie Cole

Entrepreneur, Mother and Co-Founder of Mabel's Labels



### Dr. Benicio Frey

Medical Director, Women's Health Concerns Clinic

*Special appreciation to the Shoppers Drug Mart Love You Fund for support.*

Putting Women's Health First  
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St. Joseph's  
Healthcare  Hamilton  
FOUNDATION  
HOPE HEALING DISCOVERY

## TO REGISTER

Visit [www.stjoesfoundation.ca/OpeningUp](http://www.stjoesfoundation.ca/OpeningUp). Registration is \$10 and all proceeds will be donated back to the care provided by the Women's Health Concerns Clinic via St. Joseph's Healthcare Foundation.

We want everyone who wishes to attend to be able to do so. If you cannot pay for admission, please email us for a link to our free admission site: [OpeningUpForumSJWHCC@gmail.com](mailto:OpeningUpForumSJWHCC@gmail.com)