

POSITIVE BIRTH PORTSMOUTH CONFERENCE



**POSITIVE PREGNANCY, BIRTH AND BEYOND
MARCH 18TH 2018, PORTSMOUTH GUILDHALL**

No moment in our lives is lived in isolation from the whole story. Every part of life flows together and creates the big picture.

Our inaugural conference will focus on how care throughout the perinatal period can impact positive mental health for mothers and their families.

Speakers include:

Anna May, Perinatal Mental Health Specialist Midwife
Attila Jonas, Consultant Anaesthetist and Doula
Beth Chapman, Cognitive Behavioural Psychotherapist.

www.positivebirthportsmouth.org