

# CONNECTING AND LEADING TO HELP FAMILIES THRIVE

**CWA - MCAH Action Fall Education Day 2016**

**October 18, 2016 · Red Lion Hotel Woodlake**



- 8:30 - 9:00 AM Registration and Breakfast (provided)
- 9:00 - 9:15 AM **Welcome & Overview**  
Karen Farley, Executive Director, California WIC Association  
Kiko Malin, President, MCAH Action  
Margaret Aumann, Communications Coordinator, California WIC Association
- 9:15 - 10:15 AM **Maternal Mental Health: Risk Factors, Ramifications, and Roles**  
Anna Glezer, MD  
Mind-Body-Pregnancy, UC San Francisco
- BREAK
- 10:30 - 12:30 PM **Building Protective Factors to Strengthen Families and Promote Maternal Mental Health**  
Interactive Workshop with Leda Albright & Catherine O'Brien  
Strategies/Children's Bureau
- 12:30 - 1:30 PM **Networking Lunch** (provided)  
**Local Agency Experiences in Perinatal Mental Health Collaboration**  
Anna Sutton and Marbella Colimote, Yolo County HHSA  
Jennifer Reinks, Family Health Outcomes Project, UC San Francisco
- BREAK
- 1:45 - 4:45 PM **Leadership Skills that Invigorate Collaboration**  
Interactive Workshop with Michelle Cummings  
Training Wheels, Inc.
- 4:45 - 5:00 PM Evaluate & Adjourn

***Nurses, Dietitians, and Lactation Professionals can earn up to 6 hours of continuing education credit.  
Details at the event and <http://calwic.org/events/cwa-mcah-action-education-day-2016>***

**Co-sponsored by:**



*California Maternal, Child and Adolescent Health Directors*