



## ▶▶ Heart In Mind - A Perinatal Mental Health Series Perinatal Mood & Anxiety Disorders

**Tuesday, February 17, 2026**

**11:00 AM – 12:00 PM**

Join us for the first session of our four-part series created especially for parents, caregivers, and community members. We will talk openly about Perinatal Mood and Anxiety Disorders, what they can feel like, and how to spot the signs in yourself or someone you care about. We will go over common symptoms, early warning signs, and ways to recognize when extra support might be needed. This will be a conversation where questions, shared experiences, and community support are encouraged. Come as you are. Let's learn, talk, and support each other.

**Speakers: Rocio Luevano, LCSW and Mayra Gonzalez, LCSW**

Please register by clicking link or scanning QR Code

<https://forms.office.com/g/9jQxF0HYsG>

*Microsoft Teams link will be emailed upon registration.*



For more information, please email [SA7maternalmh@dmh.lacounty.gov](mailto:SA7maternalmh@dmh.lacounty.gov)

**Service Area 7**



LOS ANGELES COUNTY  
DEPARTMENT OF  
MENTAL HEALTH  
*hope. recovery. wellbeing.*