



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

Tuesday, April 21, 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 use this [link](#) to log in to the workshop or scan the QR code above.
For more information, please email SA7Administration@dmh.lacounty.gov.



Service Area 7