

## Mamas Matter - Maternal Wellness in the Library

Learn how to implement a baby and mama support group and facilitate a sacred space for women as they navigate motherhood.

**Focus:** Family

Maternal Wellness in the Library – the What, How, and Why? One recent study found that 1 in 7 women may experience PPD in the year after giving birth. With approximately 4 million live births occurring each year in the United States, this equates to almost 600,000 postpartum depression diagnoses, and at least 70% of mothers experience the "baby blues". These numbers are staggering, and many women don't know where to go for support. The library can and should be a sacred space for women entering into the tumultuous beginnings of motherhood. This session will explore how youth librarians can support mothers and their babies with community partnerships and support group programs in libraries.

**At the end of this session, attendees will...**

- Learn how to implement a mama support group in the librarian
- Understand data on maternal wellness needs in the state of Michigan and beyond
- Gain insight on forming meaningful partnerships with local organizations that can benefit mothers and their families.

**Speaker(s):**



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