

“REAL” TALK ABOUT MOTHERHOOD IS HEALTHY FOR EVERYONE



**FEELING DOWN &
FEELING BLUE?
IT'S OK IF THIS IS YOU!
#NOSHAME #REALLIHF**

Join This Community Conversation in Racine

The Lifecourse Initiative for Healthy Families (LIHF) is creating a campaign to raise awareness and reduce the negative attention and shame associated with moms who experience depression.

Come and share your thoughts and ideas about how to support African American moms who experience “Baby Blues” or depression (before, during and after pregnancy).

Everyone's voice is welcomed (mothers, fathers, families and friends)

Tuesday, May 22nd 2018

5pm - 7pm

**Racine Kenosha Community
Action Agency, Inc.**

2113 N. Wisconsin St | Racine

Dinner will be provided. No childcare on site.
\$25 gift cards will be given to the first 15 people

to register and attend. (1 per household)

REGISTER AT LIHF.WISC.EDU/RSVP

To learn more call 262-637-8377 ext.125

