



## Postpartum Support International

### **Social Support Skills Training**

**With special workshop on Supporting Latina Moms and Families**

**The Orleans Arena, Las Vegas Nevada**

**Friday, June 29, 2011**

**Registration & Breakfast: 8:00 am**

**Presentation: 8:30am – 5:00pm**

#### ***“Lessons from Tried, True and Tested Social Support Networks”***

**Developing Sustainable Social Support Networks in Community and Agency Settings**

**Moderated by Jane Honikman, MS, PSI Founder & Wendy Davis, PhD, PSI Executive Director**

***Panel of expert Social Support Group and Program Leaders***

In this workshop, you'll learn from expert panelists who have developed successful social support groups, systems and sustainable projects in their communities. Come learn about essential tools and elements of a strong network, and share your questions, challenges, and successes. The afternoon will focus on creating successful programs that support Latina mothers and families. The workshop will include ample time for questions, discussion, and resource sharing.

- Registration & Breakfast
- Introduction: Jane Honikman, MS: What is Social Support? Peer Support? Who provides it?
- Presentations Topics:
  - ✚ The birth of a network: Pre-birth planning to a successful delivery
  - ✚ Who's your network? Building relationships with community partners and providers
  - ✚ The flow of social support networks: phone support lines, groups, email, and social media
  - ✚ Volunteers: recruiting, training, and sustaining volunteers
  - ✚ Groups: The variety of Group models and process
  - ✚ Effective Support and Meetings for Dads, Partners, and Family
  - ✚ Organizational structure and development: grass-roots and not-for-profit organizations
  - ✚ Funding, finding, and fueling: how to build a financial foundation
  - ✚ Participant Questions: Making it work in your community



### Creating support systems for Latina mothers and families

**Moderated by Andrea Zas Jimenez, PSI Spanish Warmline Coordinator**

**Panel includes: Andrea Zas Jimenez, Chris Errea, Emma Santizo, Tara Farajian, Maria Addessi,**

***Sandraluz Lara-Cinisomo, Maritza Smidy***

1. Cultural implications of developing peer support networks for Latina moms
2. Focus Group Results with Latina Moms: Culturally-informed support & treatment
3. Developing & Training support teams: volunteers, home visitors, parent educators, professionals
4. Successful projects serving Latina Moms and Families, including:
  - ✚ Providing Telephone Support for Spanish-speaking women: Local and National Resources
  - ✚ Prenatal and Postpartum Hospital-based Childbirth Education: Long Beach CA
  - ✚ Postpartum Education for Parents Bilingual Group Facilitator Training: Santa Barbara CA
  - ✚ Curso Madres y Bebés: Salem Oregon

Easy online meeting registration [www.psi-2012.eventbrite.com](http://www.psi-2012.eventbrite.com)

PSI Volunteer	\$125.00
PSI Member	\$145.00
Non Member	\$150.00

***Registration includes breakfast, lunch, breaks, and materials***

**Social Support Skills Training and Latina Moms Workshop Learning Objectives**

- Understand challenges and lessons of building sustainable social support networks
- Identify successful ways to identify and build relationships with community partners and providers
- Describe types of social support, such as groups, phone lines, email, and social media
- Identify sustainable models and tools for volunteer recruitment, development, and support
- Describe effective models of support and education for fathers
- Compare models of organizational structure and development, from grass-roots to not-for-profit organizations
- Describe effective models and curriculum for peer support
- Identify sources of funding and in-kind donations for social support networks
- Describe effective approaches to involve and support fathers
- Identify resources for undocumented Latina mothers
- Identify potential differences in the meaning of stressors as expressed by women in different racial and ethnic groups
- Describe cultural implications of peer and social support for Latina moms and families
- Compare models of support and treatment for pregnant and postpartum Latina women



**PSI Educational DVD in Spanish**  
**Madre Saludable, Familia Feliz:**

***Entendiendo los trastornos de ánimo y ansiedad durante el embarazo y después del parto***



**PSI Educational DVD in English**  
**Healthy Mom, Happy Family:**

***Understanding pregnancy and postpartum mood and anxiety disorders***