

# It Takes a Village: Supporting Early Parenting



The early days of parenting can be filled with joy, excitement and also overwhelming stress as new parents adapt to all the changes a baby brings. Come learn about how to support new families to get off to a strong start!

This conference is provided by Central Jersey Family Health Consortium and jointly provided by Prevent Child Abuse-New Jersey.

June 22, 2023

**\*NEW DATE\***

9:00 AM -1:00 PM

RWJ Conference Center  
3100 Quakerbridge Rd,  
Hamilton Township, NJ 08619

This event is FREE!

Breakfast included!

Registration and breakfast will begin  
at 8:45am.

[Click Here to Register](#)



Questions? Please contact Victoria Spera-Ballesteros at  
[vspera@preventchildabusenj.org](mailto:vspera@preventchildabusenj.org)

**Target audience:** Nurses and others who are working with new parents and families

**Learning outcome:** At the conclusion of the program, participants will self-report knowledge gain related to strategies for supporting young families with managing stress related to early parenting.

**Nursing contact hours:** This program has been awarded 3 nursing contact hours.

**Successful completion:** To receive a contact hour certificate, participants must register to attend, sign in, attend the full conference and complete an evaluation form.

**Disclosure:** None of the planners or speakers have anything to disclose. There is no commercial support for this activity.

Central Jersey Family Health Consortium is approved as a provider of nursing continuing professional development by New Jersey State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Provider # P92-10/20-23. Provider approval is valid through October 31, 2023.

Accredited status does not imply endorsement by CJFHC, PCA-NJ, NJSNA, or ANCC's Commission on Accreditation of any commercial product discussed/ displayed in conjunction with this program.

**Questions regarding nursing credits:** Please contact Ann Mruk at [amruk@cjfhc.org](mailto:amruk@cjfhc.org)



# Featured Presenters



Hilary Waller is the Director of Education and Programming and a psychotherapist at The Postpartum Stress Center in Rosemont, PA. She provides individual and group therapy services at The Postpartum Stress Center, coordinates all training and education programming, and instructs the majority of educational in-services provided by The Postpartum Stress Center. After earning her dual Bachelor's degrees at Columbia University and The Jewish Theological Seminary, Hilary worked with adolescents in both formal and informal educational settings. This experience piqued her interest in parent-child relationships and led her to pursue a Masters degree in Counseling Psychology with a specialty in marriage and family therapy. Currently, Hilary conducts specialized trainings for organizations seeking expertise in the treatment of perinatal mood and anxiety disorders. She co-authored the revised edition of *Dropping the Baby and Other Scary Thoughts*, and is currently writing a workbook for providers on the treatment of perinatal mood and anxiety disorders (PESI publishing). Hilary will be presenting *The Secret World of Your Perinatal Patients: Counseling skills to help them "speak the secret."*

## Presentation Description:

Today, an abundance of trainings exist for healthcare professionals who wish to understand how perinatal mood and anxiety disorders are identified, treated, and prevented. Despite this increased interest, awareness, and academic learning opportunities, mothers and new parents continue to suffer silently from symptoms of perinatal mood and anxiety disorders including scary thoughts and suicidal ideation. This program will shed light on the secret world of the perinatal patient and provide tools that providers and support people can use to help new mothers speak their secret and access effective treatment.

Jim Doherty, MSN, RN was a pediatric emergency department nurse at a Level 1 Trauma Center for 15 years, a position from which he recently retired. For the past 10 years, Jim has been the facilitator of an education program for new fathers, and has also co-facilitated a support group for new fathers for two years. He is an active member of SafeKids NJ, and was a stay-at-home dad to his twin daughters for seven years. Jim will be presenting *Transition to Fatherhood: Needs and Experiences*.

