



Pregnancy & Postpartum 101 Webinar:

Supporting Maternal Mental Health

Join Progyny alongside a mental health specialist and OB-GYN for a discussion on navigating mental health through the pregnancy journey.

The journey from pregnancy through postpartum can bring a wide range of emotions. Knowing what to expect and how to care for yourself or a loved one can help you feel more supported along the way.

What you'll learn:

- Tips for taking care of your emotional well-being throughout pregnancy
- What to expect postpartum and how to identify postpartum depression
- What support is available through Progyny's Pregnancy & Postpartum Program

Wednesday, May 6, 2026 | 3:00 pm ET

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