



**Children's National™**

**RSS Activity Name:** Children's National DC Mother-Baby Wellness Perinatal Mental Health Training Series

**Activity Code:** 870754

# Supporting New Parents Through the Return to Work After Parental Leave

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*Mindful Return, Founder & CEO*

**Wednesday,  
November 8, 2023**

**12:15 pm – 1:15 pm**

**Zoom – register in advance at**

[Webinar Registration - Zoom](#)

## Learning Objectives

1. Identify the most common challenges faced by new parents during the transition into and back from parental leave.
2. Learn a 4-part framework new parents can use to experience a smoother transition period.
3. Understand resources and tools new parents may be able to request from their employers to support them during this time.

## Target Audience:

Obstetricians, midwives, nurses, medical assistants, lactation specialists, social workers, therapists, counselors, psychologists, psychiatrists or anyone else caring for or working with pregnant or postpartum individuals.

[Text code **SEVBOS** to 703-260-9391]

**Accreditation:** This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Medical Society of Virginia (MSV) through the joint providership of Inova Office of Continuing Medical Education and Children's National Medical Center. The Inova Office Continuing Medical Education is accredited by the Medical Society of Virginia to sponsor continuing education for physicians.

**Credit Designation:** The Inova Office of Continuing Medical Education designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. Physicians may claim up to 1.0 credit in Type 1 CME on the Virginia Board of Medicine Continued Competency and Assessment Form required for renewal of an active medical license in Virginia.



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