



# NH Mom Hub

## Helping Families Build Their Village

**AHEC** Southern  
New Hampshire  
Area Health  
Education Center

Thursday, August 7, 2025  
12:00 – 1:00 PM  
Free: Live Virtual Webinar

Registration Link:

[NH Mom Hub: Helping Families Build Their Village](#)

### Objectives:

- Review perinatal mental health conditions
- Identify NH community, peer, & clinical resources for pregnant and parenting families
- Explain how to use the NH Mom Hub to build safety nets and make individual referrals
- Describe the components of Postpartum Support International: helpline, online groups, provider directory, & consult line
- Discuss web based resources for clinicians (pharmacology) & for families

### Presented by:

**Alison Palmer, WHNP-BC, PMHNP-BC**  
Program Director - NH Mom Hub

**Heather Martin, PMH-C, CHW**  
Lead Perinatal Navigator - NH Mom Hub

**Learning Outcome:** 75% of participants will self report a change in practice based on participating in this session.

**Audience:** Community health workers, home visitors, front line healthcare professionals, peer supporters

Southern New Hampshire Area Health Education Center is an approved provider with distinction of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

1.0 contact hours Activity Number: 1598

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint provider-ship of Southern NH AHEC and NH Mom Hub. The Southern NH AHEC is accredited by the ACCME to provide continuing medical education for physicians. Southern New Hampshire Area Health Education Center designates this live activity for a maximum of 1.0 AMA PRA category 1 Credit (s)<sup>TM</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This program has been approved by the Southern New Hampshire Area Health Education Center for 1.0 hours of CHW continuing education.

For other professionals: 1.0 professional hours of continuing education.

