**Fourth Trimester Agenda:  Thwing Ballroom, March 13, 2020**

8:30-9:00 AM Breakfast

9:00-9:30 AM **Being your Own Advocate**

Marie McCausland, PhD-Mom Effect

9:30-10:15 AM **Racial Disparities in Maternal Health Panel**

Da’na Langford, CNM-Village of Healling

Jaye Wilson- Melinated Moms

10:15-10:30 AM Break

10:30 AM- 12:30 PM Break Out Sessions #1

Option 1: **Cook Ross Bias Training** (Full 2 hours)

Option 2: **Medical Gaslighting** (1 hour)

Danielle Sabo- Flora Stone Mather Center for Women

Option 3: **Practical Tips and Tricks for Postpartum** (1 hour)

11:30-12:30 Visiting Booths

12:30-  1:25 PM Lunch and Listen

**Policy vs Practice-Paid Family Leave Panel**

1:30-2:30 PM Break Out Sessions #2

Option 1: **Cook Ross Bias Training**

Option 2: **Breastfeeding 101 Panel**

Mary Ann Blatz, DNP, RNC-NIC, IBCLC

Ann Witt, MD, FABM, IBCLC

Option 3: **Work/Life Balance Panel**

2:30-3:20 PM Break Out Sessions #3

Option 1: **Cook Ross Bias Training continued**

Option 2: **Practical Tips and Tricks for Postpartum**

Option 3: **What is a Doula?**

Gena Austin- Certified Birth Doula

Sarah Nurit Popivker-Tambourine Ma'am Doula

Merav Minkin-Birth and Postpartum Doula

3:30-4:30 **Peri-Partum Depression and Anxiety Panel**

Tonya Fulwider- Founder Perinatal Outreach and Encouragement for Moms (POEM)

Coretta Daniel, LSW- Founder of 2BNurtured

4:30- 5:00 Final Remarks and Closing