

# EVERGREEN BEHAVIORAL HEALTH ASSOCIATION (EBHA)

Presents

## **Eat~Meet~Learn**

Study group/ discussion/ workshop series in Corvallis & Albany, OR

First meeting: **Thursday, November 15, 2018, 6:30-8:00 p.m.**

Topic: **PREGNANCY AND POSTPARTUM MOOD & ANXIETY DISORDERS**

Presenter: **Csilla Andor, LCSW**

**Location:** First Alternative (SOUTH Co-op) Meeting Room, 1007 SE 3rd St, Corvallis

\*\*\*In terms of parking for this event, it is best to get directions to Purple Moon Coffee drive-through at 320 SE Chapman Place, Corvallis, OR 97333.

**PARKING:** If you will be shopping at the Co-op, in addition to attending our meeting, please park in the lot on the north side of the Co-op building. If you will not be shopping, please park on SE Chapman Place (the cul-de-sac north of the Co-op), or at the BMX track off of SE Chapman Place, or in the parking lot adjacent to the blue warehouse east of the Co-op.

**MEETING ROOM:** The South Co-op Meeting Room is in a building east of the Co-op main building. Entry to the Meeting Room is just behind the Purple Moon Coffee drive-through, at the northwest corner of the Meeting Room building.

- 6:30-7:00 Eat and meet
- 7:00-8:00 Presentation/discussion
- EBHA members: Attendance FREE, plus \$10 Co-op gift card for meal purchase
- Non-members: Attendance \$15. Purchase or bring your own meal. \$15 is payable by cash or check at the event, or [become an EBHA member](#) and enjoy these and other member benefits! Your membership application and payment can be processed at the event if you bring the completed application form.
- Please [contact us](#) with further questions

### **PRESENTATION OUTLINE**

- Prevalence
- Clinical features
- Screening tools
- Therapeutic alliance
- Psychotherapy approaches
- When/ where to refer
- Care coordination with medical providers
- Local & online resources

### **ABOUT THE PRESENTER**

Andor, LCSW, has been in private practice for 15 years. She has a general practice and also specializes in reproductive mental health focusing on concerns related to pregnancy, postpartum, perinatal loss, fertility challenges and infant loss. Csilla has lectured extensively to the general public, and to medical and mental health providers. She provides resources, referrals and support to families through the Corvallis-based [WellMama Linn-Benton](#). Csilla is an Oregon co-coordinator of [Postpartum Support International](#). Past service includes co-founding and serving as executive director of the Eugene-based WellMama, Inc., chairing the Lane County Perinatal Mood Disorders Consortium and co-coordinating BabyLoss Eugene.