**Tuesday, May 9 | 12:00 - 1:00 pm**

**“Early Mental Health Panel”**

This expert panel of mental health professionals will cover a wide range of topics within the early mental health realm. Some of the topics that will be covered include the importance of positive childhood experiences and their impact on child mental health, the importance of parent/caregiver mental health in the first few years, early relational health and reading cues, and other information about developmental milestones.

**Speakers:**
- Elizabeth Montez (she/her), Open Lactation Specialist
- Beth Graves (she/her), NurtureNW
- Dr. Maya Ramakrishnan (he/him), University of Washington
- Dr. Sean Bolger (he/him), Humility Counseling

**Wednesday, May 10 | 12:00 - 1:00 pm**

**“Birthring in the Diaspora: Providing Black Families with Culturally Responsive Holistic Care”**

This session will focus on the support and services that Black families need through their reproductive, perinatal, postpartum, and parenting journeys. Speakers Camilla and Jessy will discuss health disparities faced by Black families with a focus on Black patients within the birthing process in order to build a more culturally responsive and equitable care support system. This session will also feature a Q&A segment.

**Speakers:**
- Damarria Davis (she/her), BLKBRY
- Carina Gonzalez (she/her), BLKBRY

**Friday, May 12 | 12:00 - 1:00 pm**

**“Activate Your Village”**

This session will focus on what to look for in a quality childcare center, what questions to ask of potential care providers, how to show up for your community in a meaningful way, and the importance of building a village of support. Kerra runs the RAZE Early Learning and Development Center which works to eradicate the school to prison pipeline in Eastern Washington through early learning programming that highlights our shared experiences and is created through the lens of the Black American.

**Speaker:**
- Kerra Bower (she/her), Raze Early Learning and Development Center