



WCAIMH February Newsletter

Dear members and friends of WCAIMH,

In the midst of our province and country's experience of a second wave of Covid, changes in lockdown levels and the promise of a vaccine, 2021 has had an eventful start. We hope that the rest of the year ahead will bring renewed hope and promise and that you will continue to make a meaningful impact in the lives of infants and their families.

At our last meeting in November, we reflected on the year's transition to online meetings, the ongoing discussions with GAIMH around the formation of a national association for infant mental health and the development of resources for parents and clinicians amidst the pandemic. Blanche Rezant provided an overview of how the services at the Parent Centre adapted to the national restrictions by offering telephonic support services. She shared the challenges and innovative ways they overcame these in order to still offer support to parents in need. The contribution made by WCAIMH's donation was acknowledged with thanks. Barbara Kantor provided feedback of WCAIMH's financial accounts and also of developments within the SAPC. Other points of discussion included the membership fees, which will remain the same for 2021, as well as committee positions. Barbara stepped down from her role as treasurer of WCAIMH. She has been an invaluable source of knowledge and support, especially when there were transitions in the committee. We would like to extend our heartfelt appreciation to Barbara for her dedication and the efficient way in which she managed the association's finances. Both Salisha and Juané will remain in their respective positions of secretary and chairperson. Since the AGM, Kirsty Gilmour has agreed to take up the role of treasurer on the committee and Dijana Mitrovic (who previously assisted us in a voluntary capacity) has agreed to take up the position for website development and social media. We are delighted to welcome Dijana to the committee and look forward to working together in the year ahead!

Contact us on wcaimhza@gmail.com

Juané Voges – Chairperson Salisha Maharaj – Secretary
Kirsty Gilmour – Treasurer Dijana Mitrovic – Media and Website Development

February Meeting

We are very excited to welcome Lauren Shapiro as our first speaker of 2021! Lauren's talk, titled "PND: What it's really like for your patients and what you can do to help them" will be a first-hand account of her lived experience of PND. She will provide insights into the "do's and don'ts" of treating parents with PND and the value of a multidisciplinary approach to treatment.

Lauren holds a Master's degree in Creative Writing and has many years' experience as a freelance journalist with a special interest in women's issues.

In 2012, while pregnant with her third child, Lauren suffered from severe PND (Peri-Natal Distress), requiring hospitalisation and psychiatric intervention. After a long and hard recovery process, Lauren became committed to sharing her story to help other families circumnavigate this awful yet preventable illness. Her book **Through the Window: How I Beat PND**, which details the experience, is endorsed by the South African Depression and Anxiety Group (SADAG). Lauren is a founding member and board member of Mums Support Network, a Durban-based PBO who give support and encouragement to women who are struggling with the transition to motherhood. Lauren has appeared in print, online, on radio and television, spoken at schools, hospitals and mothers' groups, given webinars, and participated in conferences, festivals and advocacy events. She lives in Durban with her husband and three children. To find out more about Lauren's work, please visit www.laurenshapiro.co.za



We look forward to sharing this evening with you!

Date: 18 February 2021

Time: 7pm

Platform: Zoom invitation

The talk is **free** for members: Please **confirm** via email to receive the link

Non-members are welcome to join at a cost of R60.

Account name: WCAIMH Standard Bank, Rondebosch

Account number: 274916401, Branch code: 051001

Please use your name and surname as a reference and email proof of payment to wcaimhza@gmail.com

We would like to kindly request that you do an EFT, and not a bank deposit. Contact us if you cannot do an EFT and we can make alternative arrangements.

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Upcoming Feature: Member Highlight

Throughout this year, we aim to showcase the work and expertise of one of our members each month. We are hoping that we can use this space to get to know each other a little more and share the diverse range of skills, exciting work and research our members are involved in.

March Meeting Sneak Peek

Dr. Dana Shai, developer of Parental Embodied Mentalizing (PEM) coding system and assessment has agreed to give us an introduction to PEM at our March meeting. Dr. Shai has been leading world-wide collaborative research and delivers international talks and training programs on PEM for the last decade. We are in discussion with Dr. Shai and her team to try to bring the PEM training to South Africa and we are very fortunate to have her as our speaker on **Thursday 18 March at 18.30** – please save the date! For more information on Dr. Shai's work, please visit her website:

<https://www.pemworks.org/>

Membership

It is time for membership renewal for 2021! The annual fee to become a member of WCAIMH remains **R375**, an early bird rate of **R325** is payable before 31 March 2021.

Membership allows you access to all 10 talks throughout the year. The talks take place on the third Thursday of the month and 1 CPD point is earned for each talk attended. Membership also allows for active engagement with the process of appointing a WCAIMH committee, decisions taken by the association and ultimately an affiliation to the World Association of Infant Mental Health. We are hoping that many of you renew your membership this year and that we gain many new more members to allow us to bring you stimulating talks and provide members with new platforms to access resources and information.

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Banking information is as follows:

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Keep in Touch

We welcome any feedback or suggestions. If there are specific topics of interest that you would like us to pursue for a speaker evening, or if you would like to nominate yourself or a colleague for our member highlight section, please also get in touch. Our contact details are:

Email: wcaimhza@gmail.com

Website: www.infantmentalhealth.co.za

Facebook group:  Western Cape Association of Infant Mental Health

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