

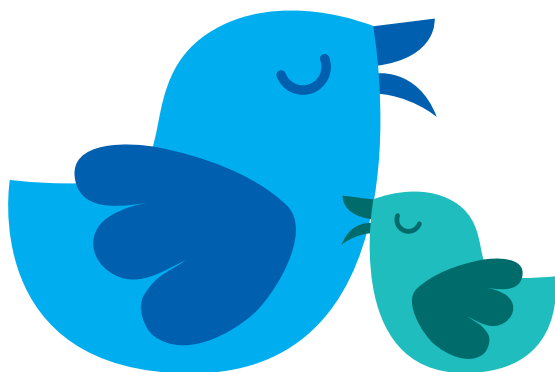
PROJECT ABC AND ECAF PRESENT

Perinatal Wellness Panel

Wednesday, February 28

10:00am – 11:30am

Natick's Morse Institute Library



Presenters include licensed social workers, certified sleep consultants, doulas, breastfeeding experts, pediatric physical therapists, and more.

This is a FREE family-friendly event. Children's activities will be available. We welcome moms, moms-to-be, partners, educators, or anyone looking to support a loved one through their pregnancy, postpartum, or parenting journey.



Sponsored by your local EEC funded Coordinated Family and Community Engagement program, Project ABC and the Early Childhood Alliance of Framingham.

TO REGISTER PLEASE VISIT PROJECTABC.ORG

Perinatal Wellness Panel



Jessica Petrus Aird

Certified Pediatric Sleep Consultant and Postpartum Doula

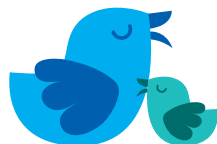
Jessica's practice, Burgeoning Bud Postpartum Care, aims to care for the whole family through emotional, practical, and educational support during postpartum and beyond. Jessica's background as a postpartum doula grounds her in the reality that parenting styles are widely diverse and highly individualized. Additionally, her pediatric sleep background gives her the confidence to support families in a variety of ways through the sleep training process that are safe and evidence-based.



Dr. Rebecca Turkel

PT/DPT, CEIS, CEIM, IBE

Dr. Rebecca Turkel is a licensed physical therapist, certified early intervention specialist, certified educator of infant massage, and energy healer; plus, she's certified in neonatal behavior observation and integrative breastfeeding educator. She provides pediatric physical therapy and parent support services to families in the Metrowest area and beyond. Additionally, she has over 15 years of experience working with families in an early intervention setting as a developmental specialist and physical therapist.



Karen Seniuk, LCSW

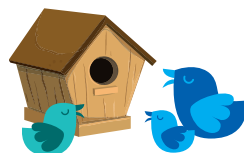
Director of Counseling & Consultation, Family Access of Newton

Karen Seniuk, LCSW is a clinical social worker with over 25 years of experience working with children, adolescents, and parents. Inspired by her own parenting experience, curiosity about attachment relationships, and a never-ending enjoyment of Play-Doh, Karen decided to shift her focus to infant and early childhood mental health. She participated in a postgraduate fellowship in infant mental health, is a certified educator in infant massage, a certified early intervention specialist, and has a certificate in perinatal mood and anxiety disorders. Karen is currently the Director of Counseling and Consultation Services at Family Access of Newton.



Sarah Baroud, LICSW (she/her)

Sarah is a clinical social worker specializing in perinatal mental health. She has been working with children and families for more than 15 years and made the shift to focus on the perinatal population in 2021 when she opened her own private practice. After navigating her own postpartum mental health challenges, Sarah saw the need for more services for soon-to-be and new parents. She is also passionate about advocating for parental needs at the systemic level.



warm heart
PARENTING



MORSE INSTITUTE
LIBRARY Natick's Community Library



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ProjectABC.org