



VMAP
FOR MOMS+

NEST *pathway*

Navigating Evidence-Based
Support & Treatment in
Perinatal Mental Health

NEST Pathway is a virtual continuing medical education (CME) training for Virginia maternal health clinicians that provides **foundational knowledge** necessary for advanced practice in **perinatal mental health**. All topics were specifically chosen to prepare prescribers to earn the PMH-C credential, and the curriculum is complementary to PEACE, another core offering from VMAP for Moms+.

You'll Learn How To:

- ▶ Identify, diagnose, and treat perinatal mood and anxiety disorders (PMADs)
- ▶ Navigate psychopharmacology during pregnancy, postpartum, and lactation
- ▶ Develop informed treatment plans and systems-based interventions
- ▶ Identify social supports, community resources, and peer support programs

Who Can Register:

Virginia prescribing clinicians
who care for pregnant/
postpartum patients

When:

8 Monday evenings from 7 – 9 PM
(January 11 – March 1)



For a full list of dates,
topics, and registration
information, scan here!

Earn up to
16 CME
for only \$100!



Postpartum Support Virginia



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

Accreditation Statement: The Medical Society of Virginia is accredited by the ACCME to provide continuing medical education for physicians. The Medical Society of Virginia designates this activity for a maximum of **16.0 AMA PRA Category 1 Credit(s)™**. Physicians should claim only credit commensurate with the extent of their participation in the activity.