

TANI REGIONAL NETWORK MEETING

WHEN:

WEDNESDAY 20 MAY 2026
FROM 10AM TO 12PM

WHERE:

WESTERN SPRINGS GARDEN
COMMUNITY HALL
(956 GREAT NORTH ROAD,
WESTERN SPRINGS, AUCKLAND)



UNDERSTANDING PERINATAL MENTAL HEALTH FOR ETHNIC WOMEN

Dr Stephanie D'Souza, Senior Lecturer, Social Sciences, The University of Auckland

An exploration of the drivers and long-term impacts of perinatal depression, featuring new data on outcomes for Asian and MELAA mothers. Also highlighting current literature gaps and identifying the critical research needed to improve maternal health support within Aotearoa's diverse communities.

HEALTHY MOTHER HEALTHY FUTURE - ASIAN PERINATAL WELLBEING PROGRAMME

Ivy Liang, Team Leader and Shirley Chen, Cultural Support Coordinator, Asian and Ethnic Health Services, Te Whatu Ora

This programme provides comprehensive mental wellbeing information and support to pregnant Asian women and mothers with infants, through collaborative efforts to strengthen referral pathways, improve health literacy, and providing workshops, counselling and social support.

PROGRAMME

- Registration (from 9:30am)
- A Round of Introductions
- Presentations
- Community News Updates
- Network Building Over Refreshments



www.asiannetwork.org.nz



@asiannetworkinc



@asian.network

Please complete the registration form to RSVP for catering purposes

<https://forms.cloud.microsoft/r/Encm9CKjZd>