

Inland Empire Breastfeeding Coalition presents:

FREE Virtual General Education Session

Nourished: Nourishing Mama- Mind, Body, and Spirit



Objectives:

1. Attendees will be able to identify and learn 3 ways to support the mental health of mothers.
2. Attendees will be able to identify and learn 3 ways to support the physical health of mothers.
3. Attendees will be able to identify and learn 3 ways to support the spiritual health of mothers.

February 24th 2026

12:30-2:00pm PT

Register for Zoom Link

\$30 - 1.5 L CERPs/CEUs/1.0 BRN offered IBCLE CERP areas:
Psychology, Sociology and Anthropology & Clinical Skills



Janiel L. Henry, Psy.D.

CEO, Founder, & Clinical Director
Women Rise Psychological and
Wellness Center

This presentation equips lactation consultants, healthcare providers, and breastfeeding advocates with a holistic lens for supporting maternal wellness. We'll explore how a mother's mental, physical, and spiritual nourishment directly influences breastfeeding outcomes, engagement, and confidence. Participants will gain practical, evidence-aligned strategies to help clients cultivate emotional regulation, physical restoration, and mindful self-connection—key factors in sustaining lactation and fostering positive feeding experiences. This session empowers professionals to integrate whole-person care into their breastfeeding support, enhancing both maternal well-being and infant health.

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