

MATERNAL MENTAL HEALTH NOW
supporting the well-being of growing families
A Project of Community Partners

L.A. Care
HEALTH PLAN

SAVE THE DATE
JUNE 24 | 9:00 - 10:00AM
www.maternalmentalhealthnow.com

COURAGEOUS CONVERSATIONS
POSTPARTUM PTSD AND PSYCHOSIS

AUTHOR **FACILITATOR**

Catherine Cho **Liz Song Mandell**

A conversation inspired by the book,
Inferno: A Memoir of Motherhood and Madness

Catherine Cho is a literary agent and the author of *Inferno: A Memoir of Motherhood and Madness*, which was shortlisted for the Sunday Times Young Writers Award and Jhalak Prize. Originally from the US, she lives in London with her family.

Twitter: @catkcho

Instagram: @catherinekcho

Her book: <https://amzn.to/3fpnrRm>

Liz Song Mandell is a storyteller, maternal near-miss survivor, designer, and facilitator. After a traumatic birth experience, she went on to tell her story as a tragic comedy alongside six other mothers. This process of writing was pivotal in healing from her loss and PTSD after childbirth. Liz is currently focused on mom-ing full-time, in addition to being an anti-racism facilitator and auditor for non-profits. You can find her most days trying to keep her 1.5 year old from eating chicken poop (again), and listening to her extremely extroverted 4.5 year old.

Her stand up MOMedy performance:

<https://www.facebook.com/707237603/videos/10157873416297604/>