



Perinatal & infant mental health & addictions day: Waitaha | Canterbury region

Date: October 20th 2026

Time: 10:00am - 4:00pm

Location: Waitaha | Canterbury region

TIME	AGENDA ITEM
9:30am - 9:50am	Welcome and registration
9:50am - 10:00am	Karakia Whakatau Housekeeping
10:00am - 10:45am	Whānau Whakapuāwai: a Kaupapa Māori approach to perinatal mental health Cara Meredith & Christina Daly Te Puawaitanga ki Ōtautahi Trust
10:45am - 11:00am	Morning tea
11:00am - 12:00pm	Perinatal anxiety and the caregiver-infant relationship Alison Duggan and Gina Soanes Plunket (PPARIS) & (PPNAP)
12:00pm - 12:40pm	Lunch
12:40pm - 1:20pm	A special focus: Rangatahi, perinatal mental health and addiction Letitia Hansen and Abby Wright He Waka Tapu
1:25pm - 2:05pm	Working together across the care continuum: A panel discussion Rāwā Karetai Disabled People's Health, Te Whatu Ora Brigitta Baker Yellow Brick Road - Te Wahapūahoaho
2:10pm - 2:40pm	The Canterbury care continuum Lan Lan Specialist Mental Health Services, Te Whatu Ora David Egan and Reuben Kemna South Island Perinatal Mental Health Community Team, Te Whatu Ora
2:40pm - 3:00pm	Afternoon tea
3:00pm - 3:50pm	Working together in the care continuum Lisa Maughan and Bronwyn Dunnachie Whāraurau
3:50pm - 4:00pm	Mihi mihi Closing