

Greater Washington Urban League to Host First Annual Paternal Mental Health Certification Training Program

Groundbreaking Initiative Timed to Father's Day Aims to Expand Access to Culturally Responsive Mental Health Care for Black Fathers



Greater Washington Urban League
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WASHINGTON, DC, UNITED STATES, June 8, 2026 /EINPresswire.com/ -- Timed to Father's Day and the national conversation around the importance of fathers' well-being, the [Greater Washington Urban League](#) (GWUL), in partnership with DC Health, Help Me Grow, and Generation DMV, is



Through Fatherhood Liberated, we are expanding the conversation around perinatal mental health to ensure fathers are seen, supported, and included in the continuum of care."

Hanna Tessema, Director of Health and Wellness at GWUL

proud to announce the inaugural Birthing Black: Fatherhood Liberated: Healing the Mind. Reclaiming the Legacy training program taking place June 17-18 in Washington, D.C.

The first-of-its-kind training is designed for Black wellness providers and other healthcare professionals interested in strengthening the pipeline of certified providers focused on the unique needs of Black fathers, who are often overlooked in conversations surrounding pregnancy, birth, and mental health.

While maternal mental health has gained increasing attention in recent years, paternal perinatal mental health remains largely overlooked. [Research suggests](#) that nearly one in ten fathers experiences depression during pregnancy or the first year after childbirth, with some studies reporting rates as high as one in four among first-time fathers. Yet fathers are rarely screened for mental health concerns and often face barriers to seeking support, including stigma, lack of awareness, and limited provider training on paternal perinatal mental health.

Through Birthing Black: Fatherhood Liberated, the Greater Washington Urban League is advancing a new standard of care that recognizes Black fathers as essential to maternal health, family stability, and generational healing.

"For too long, Black fathers have been left out of conversations about perinatal mental health,

despite the critical role they play in the well-being of mothers, children, and families. Through Fatherhood Liberated: Healing the Mind. Reclaiming the Legacy, we are working to change that narrative by building a workforce of culturally responsive providers equipped to support Black fathers during one of life's most transformative seasons," said Kimberly Corbin, Chief Administrative Financial Officer for the Greater Washington Urban League.

Hanna Tessema, Director of Health and Wellness at GWUL continued, "Through Fatherhood Liberated, we are expanding the conversation around perinatal mental health to ensure fathers are seen, supported, and included in the continuum of care."

Led by trainers from Postpartum Support International (PSI), the two-day training provides specialized education in paternal perinatal mental health, equipping clinicians and birth professionals with practical skills for screening, assessment, treatment planning, and intervention. The curriculum emphasizes intersectional, multicultural, and gender-responsive approaches to care while providing participants with evidence-based tools to support fathers throughout the perinatal journey.

Participants will benefit from:
Enhanced expertise in assessing and supporting birthing persons and families experiencing perinatal mental health challenges.
Career-advancing opportunities that elevate professional visibility and impact.

BIRTHING BLACK ONE HEALTHY MIND AT A TIME



Birthing Black, GWUL's Perinatal Mental Health Certification Program

**Greater Washington
Urban League**

**POSTPARTUM SUPPORT
INTERNATIONAL**

BIRTHING BLACK: FATHERHOOD LIBERATED

Healing the Mind. Reclaiming the Legacy.

Birthing Black: Fatherhood Liberated is a two-day training led by Postpartum Support International (PSI) trainers that builds practical skills in paternal perinatal mental health.

Designed for clinicians and birth professionals, participants will:

- Gain deeper insight on fathers' perinatal mental health, emphasizing awareness, validation, and support
- Learn practical, evidence-based screening and treatment planning strategies
- Explore intersectional, multicultural, and gender-responsive approaches to care
- Engage in an immersive, interactive learning experience
- Earn continuing education credits

June 17-18th, 2026 | 9am - 5pm

Cost: \$100 (\$1000 value - \$500 training and \$500 to cover exam cost)

DC Health 2201 Shannon Pl SE
Washington, DC, 20020

SCAN TO REGISTER



To be eligible for the PMH-C Exam, participants **MUST** complete both:

- The Perinatal Mood & Anxiety Disorders Certificate Course (PMH-C Step 1 Training)
- An approved Advanced Training (PMH-C Step 2 Training)

View training options at <https://postpartum.net/training>

**Help Me Grow**
District of Columbia

**DC HEALTH**
GOVERNMENT OF THE DISTRICT OF COLUMBIA

**GENERATION**

Please visit <https://gwul.org/perinatal-mental-health/> or email us at blackwellness@gwul.org for more information.

Birthing Black: Fatherhood Liberated

Inspiring keynote presentations and coaching from leading voices in maternal and paternal mental health.

Eligibility for inclusion in the PSI Online Perinatal Mental Health Provider Directory.

The opportunity to earn up to 20 continuing education credits required for professional licensure.

Two days of networking, collaboration, and community-building in a culturally affirming environment.

Inclusion on the Greater Washington Urban League website, which serves and connects with more than 10,000 families annually.

By increasing the number of PSI-certified professionals focused on paternal mental health, GWUL and its partners aim to improve mental health outcomes for Black fathers, their partners, and families across the DMV region and beyond.

The training is designed for physicians, physician assistants, psychiatrists, psychologists, nurses, nurse practitioners, doulas, midwives, therapists, social workers, holistic practitioners, and other birth professionals seeking specialized education on paternal perinatal mental health. The PSI training and exam fee (~\$1000 value) will be offered for \$100. Limited seats are available, for more information about Birthing Black: Fatherhood Liberated or to register, visit

<https://gwul.org/paternal-mental-health/>

Fatherhood Liberated builds on the success of GWUL's annual Birthing Black Perinatal Mental Health Certification Program, which focuses on addressing maternal mental health disparities in the Black community. Together, these initiatives reflect the organization's commitment to advancing equitable, culturally responsive care for Black parents throughout the perinatal journey.

About Greater Washington Urban League (GWUL):

The Greater Washington Urban League is a nonprofit organization dedicated to empowering communities and changing lives. Through advocacy, education, and programs focused on economic empowerment, education and youth development, health and quality of life, and civic engagement, GWUL works tirelessly to advance social and economic justice for all.

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