

**City of Palm Coast, Florida
Agenda Item**

Agenda Date: May 5, 2026

Agenda Item: A.3

Department CITY ADMINISTRATION Division	Amount Org/Account #
Subject: PROCLAMATION - MAY 4-10, 2026, AS MATERNAL MENTAL HEALTH WEEK	
Presenter: Mayor and City Council	
Attachments: 1. Proclamation	
Background: The City of Palm Coast would like to proclaim May 4-10, 2026, as Maternal Mental Health Week.	
Recommended Action: PROCLAIM MAY 4-10, 2026, AS MATERNAL MENTAL HEALTH WEEK	



PROCLAMATION

WHEREAS, maternal mental health is a critical public health issue that affects the well-being of mothers, children, families, and communities, with up to 1 in 5 women experiencing perinatal mood and anxiety disorders (PMADs), including postpartum depression, during pregnancy or the first year following childbirth; and

WHEREAS, early identification, timely intervention, and community support are essential for preventing and treating PMADs, ensuring the health of both mothers and their children; and

WHEREAS, Maternal Matters Favored is committed to advocating awareness, providing resources, and fostering supportive spaces for maternal mental health, including the facilitation of specialized program services and community partnerships; and

WHEREAS, during Maternal Mental Health Awareness Week, we call on healthcare professionals, human services practitioners, policymakers, and community members to work together to eliminate stigma and barriers to mental health care for mothers; and

WHEREAS, by eliminating the stigma surrounding maternal mental health, we can create a more supportive environment where mothers feel empowered to seek help, access care, and thrive during their motherhood journey; and

WHEREAS, Maternal Matters Favored actively promotes awareness of maternal mental health by offering accessible educational initiatives, facilitating meaningful dialogues, and creating safe spaces where mothers can find the help they need without fear of stigma or judgment.

NOW, THEREFORE, BE IT PROCLAIMED by the Mayor and City Council of the City of Palm Coast, Florida, that May 4th and 10th, 2026, be officially designated as:

MATERNAL MENTAL HEALTH AWARENESS WEEK

And recognize the invaluable efforts of Maternal Matters Favored in advancing maternal mental health and supporting mothers through education, advocacy, and collaboration. Let us stand united in breaking down barriers and building a community where every mother is supported, heard, and valued.

SIGNED this 5th day of May 2026.

ATTEST:

CITY OF PALM COAST, FLORIDA

Kaley Cook, City Clerk

Michael Norris, Mayor