



## Happy Thanksgiving from Postpartum Support Virginia

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### PSVa Mission

Help new and expectant mothers and their families overcome anxiety, depression, and other perinatal mood and anxiety disorders (PMADs).

### PSVa Vision

Every childbearing woman in Virginia will receive information about perinatal mood and anxiety disorders (PMADs) and have access to help.

### Congrats, Team PSVa!

Kristen Allen  
Sophia Altomare  
Mandy Davis  
Kevin Davis  
Julie Findlay  
Adrienne Griffen  
Nora Griffen\*  
Annie Kelly  
Ruben Kelly-Ysasi\*  
Allison Lemon  
Jennifer Lungren  
Maclain Monsky\*  
Megan Foote Monsky  
Carole Rashid  
Monica Trinidad  
Alyson Warner

\*Team PSVa Kids

### ***In keeping with the spirit of Thanksgiving, PSVa is especially grateful for...***

#### ***Moms and Families***

Since its inception in 2009, PSVa has helped over 500 new and expectant mothers and their families overcome perinatal mood and anxiety disorders. ***Thank you for reaching out to PSVa in your time of need!***

#### ***Volunteers***

How do these families find help? Through PSVa's statewide network of fabulous volunteers, most of whom have personal or family experience with perinatal mood and anxiety disorders. These volunteers give freely of their time to help those in need, whenever they need it. ***Thank you, thank you, thank you!***

#### ***Mental Health Professionals***

PSVa has established a statewide network of over 150 mental health professionals who specialize in treating women experiencing perinatal mood and anxiety disorders. ***Thank you for all you do to help new and expectant mothers!***

#### ***PSVa Staff***

PSVa's 2 part-time staffers keep all the administrative and operational gears turning. PSVa would grind to a halt without the hard work of Suman Kapur (Executive Administrator and Volunteer Coordinator) and Annie Kelly (fundraising, special events, communications). ***Thank you for your dedication!***

#### ***Marine Corps 10K Participants***

This year's team raised over \$10,000 for PSVa! Thank you to Team PSVa members and to all the families and friends who donated in their honor. Special recognition goes to Annie Kelly (top fundraiser, over \$2,000) and Jennifer Lungren (top finisher, 56 minutes). ***Thank you for making this PSVa's most successful fundraiser EVER!***

#### ***Board of Directors***

PSVa's Board of Directors is firmly guiding the organization from start-up to sustainable. These amazing women -- Kathie Lawson, Diana McSpadden, Megan Foote Monsky, Natasha

## **THANK YOU to PSVa's Amazing Volunteers!**

Sarah Allen-Short  
Kimberly Barnard-Bracey  
Elizabeth Brokamp  
Tara Carson  
McKenzie Casad  
Sandra Cothran  
Becky Ellwood  
Julie Findlay  
Nycole Fox  
Jennifer Brown Guiney  
Sonia Gutierrez  
Jenna Harper  
Erin Hatch  
Elizabeth Hatchuel  
Vicky Henry  
Virginia Idrissi  
Langdon Harris Johnson  
Lauren Jordan  
Jilayne Luckey  
Beth MacFarlane  
Jo Maloney  
Anita Louise Marade  
Megan Foote Monsky  
Teresa Oliver  
Margie Siekel  
Benta Sims  
Charlene Smith  
Alison Teitelbaum  
Rhonda Turner  
Ann Winters

Sriraman, Tina Truman, and Benta Sims -- are passionate about providing hope and help to new mothers. *Thank you for your time, talent, and treasure!*

### **Individual Donors**

Thank you to everyone who has donated to PSVa. Please know that PSVa is grateful for each and every dollar. These gifts -- large and small -- help PSVa provide direct support to new mothers and their families. Donations are on track to reach our goal of \$15,000. *Thank you for your generosity!*

### **Grantors**

PSVa has received grants from the following organizations: The BlueDot Project, Arlington Community Foundation, Dominion Guild, and Womenade. *Thank you for having faith and confidence in PSVa!*

 **Health, Family, Friends...**what more do we need?

Click to **DONATE**

Hope and help for new mothers



[www.postpartumva.org](http://www.postpartumva.org)

**DONATE**

