



PSVa Today October 2015

PSVa Needs You!

Quick Links

[PSVa Website](#)

[Donate](#)

[Contact PSVa](#)

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.

Hope & Help Hero



Actress Hayden Panettiere publicly announced she has entered treatment for post-partum depression. Not only is she practicing good

This issue of PSVa Today highlights ways to get involved and give back

Why does PSVa need your help?

Because all services to moms and families are **FREE!**

What does PSVa provide?

Resource-rich website
Referrals to mental health providers
One-on-one support via phone and email
Group support at 15 peer-led support groups

VOLUNTEER



PSVa relies extensively on wonderful volunteers to provide hope and help to women and families experiencing perinatal mood and anxiety disorders.

We need **YOU** to help with.....

- social media
- administrative matters
- database management
- outreach to mothers' groups
- researching and writing grants

Volunteer opportunities are both ongoing and one-time. Contact **Suman Kapur**, PSVa's Volunteer Coordinator.

BECOME A "PREFERRED PROVIDER"

self-care, but she is also helping raise awareness and dispel myths, shame, and stigma about PMADs. In a town and profession that rewards perfection, Hayden is a true hero for her bravery and vulnerability.

You are not alone
You are not to blame
With help, you will be well

PSVa Receives Grant



The Williamsburg Community Foundation awarded PSVa \$1500 for education and outreach. PSVa staff will meet with obstetric and pediatric providers throughout Greater Williamsburg to ensure they know about PMADs, are comfortable discussing PMADs with their patients, and are aware of PSVa's resources. This is PSVa's first grant from outside of Northern Virginia and a terrific show of support for new moms and families.

PSVa in the News!



Are you a mental health professional who works with women experiencing perinatal mood & anxiety disorders? Become a "preferred provider" and be listed on PSVa's website.

Contact **MaryBeth Waite**, PSVa's Resource Coordinator.

JOIN THE 10K -- OCTOBER 25 #PSVa10K



New this year....join Team PSVa in a VIRTUAL 10K! Team PSVa is once again participating in the Marine Corps 10K (which is now SOLD OUT!) and wants **YOU** to join. Here's how:

1. **REGISTER** to join Team PSVa
2. **RAISE** friends and funds
3. **RACE** at your own pace

Simply complete a 10K at your convenience....run or walk, where and when it's convenient for you. Invite your friends and family to support you....or ask them to join Team PSVa and help reach our goal of raising \$10,000. Learn more **HERE** or **email** Team PSVa Captain Annie Kelly.

#PSVa10K

Not interested in doing a 10K? Support Team PSVa!

SHOP FOR THE HOLIDAYS

Skip Black Friday crowds and shop with PSVa.

Sip & Shop at **Company Flowers**. Join PSVa for drinks and nibbles...learn 20 ways to wear a scarf...win an awesome gift during hourly raffles...and see the amazing flowers available at this charming neighborhood store.

November 12, 7-9 pm
2107 North Pollard Street

**COMPANY
FLOWERS!**
& GIFTS TOO!



Executive Director Adrienne Griffen's story about her PMAD experience appears in the October-November edition of **Arlington Magazine**.

Arlington
25% of sales benefit PSVa

Find the perfect gift for the special ladies in your life. Check out PSVa's line of **jewelry** and other **gift items** including ornaments, wine coozies, and coasters. Shop from the comfort of home!

& GIFTS, TOO!



Hope and help for new mothers



www.postpartumva.org

DONATE