



PSVa Today September 2015

MCM10K, Training Sessions

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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.

Hope & Help Hero



Jo Maloney has been a key member of the terrific team of women leading the Alexandria support group for the last 4 years. Jo is a PMAD survivor and mom to two beautiful

Join Team PSVa in the MCM10K!

Join Team PSVa in the Marine Corps Marathon 10K on Sunday, October 25, 2015. Walk, run, or push a stroller in this fabulous event held in conjunction with the Marine Corps Marathon. The MCM10K course travels the last 6.2 miles of the Marine Corps Marathon, passing national monuments and ending at the iconic Marine Corps War Memorial in Arlington, VA.

Team PSVa is fighting to raise awareness about Perinatal Mood and Anxiety Disorders. We are fighting to ensure women have the right information about PMADs and have access to help. We are fighting to eliminate the stigma associated with PMADs.



This is PSVa's single largest fundraiser; this year's goal is \$10,000. Help by:

1. **Joining** Team PSVa.
2. **Donating** to a member of Team PSVa.



Shining the Light on PMADs: Mental Health During Pregnancy & Postpartum



PSVa is hosting two training sessions this fall for prospective social support volunteers, birth professionals, and mental health providers. Participants will understand:

1. The spectrum of perinatal mood and anxiety disorders
2. Impact of PMADS on mother, baby, and family
3. How, when, and why to discuss PMADs
4. Treatment options and intervention strategies

Fredericksburg, Saturday, September 26. Full-day session for prospective social support volunteers, birth professionals, and mental health providers.

boys. Jo and her family are relocating to Chicago. *Thank you, Jo, for being part of PSVa's dedicated team of volunteers. Best of luck on the next chapter in your life!*

Meet Annie Kelly



Annie Kelly, MCM10K Race Coordinator, will be sharing information about training, fund-raising, and

friend-raising. Annie is the beautiful and fun-loving mom to 8-year-old Ruben and is a PMAD survivor. Contact [Annie](#) with questions or feedback about the MCM10K.

Leesburg, Saturday, October 31. Half-day session specifically for individuals interested in running support groups.

Learn more [HERE](#), including how to register.



FAQ's about PMADs

July's newsletter included frequently asked questions (FAQ's) about Perinatal Mood and Anxiety Disorders (PMADs) -- and generated great feedback. Several readers reported they were sharing this information with colleagues and staff.

So here is an easy-to-read (and easy-to-download) version of [PSVa's FAQ's about PMADs](#). Please share far and wide!

Hope and help for new mothers



www.postpartumva.org

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