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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 and Help Hero  
Katie Shaw**



Katie Shaw suffered from postpartum depression and anxiety three months after her

# PSVa Today October 2016

*PSVa Conference and Other Events*



## Maternal Mental Health Conference

December 3, 2016  
Williamsburg

SAVE THE DATE for this one-day conference on maternal mental health with a special focus on training mental health providers and maternal-child healthcare providers. The agenda includes a morning general session and afternoon workshops. Presenters include experts in the field of maternal-mental health: Emly Drake, PhD, RN (President of AWHONN); Jennifer Payne, MD (Johns Hopkins University); Natasha Sriraman, MD, MPH, FAAP, FABM (Children's Hospital of the King's Daughters). **Learn more [HERE](#).**



## Social Support Training

November 5, 2016  
Arlington

PSVa is hosting a one-day social support volunteer training session in Arlington. Upon completion, attendees will have the knowledge and resources to become social support volunteers, providing encouragement and information to new and expectant mothers experiencing anxiety and/or depression. PSVa's social support volunteers are the heart of the organization: they directly support moms and families by answering phone calls and emails and leading support groups. **Learn more [HERE](#).**



## Maternal Mental Health Online Certificate Training

October 3, 2016 --  
January 23, 2017

son (Sam, now 8) was born. Thankfully, she'd seen one of PSVA's original blue flyers and called for support.

PSVa helped her find a support group and other resources that helped her begin to feel better.

Katie is our volunteer Mom-On-Call and provides virtual hugs, support, and information about where struggling moms can find help. A former nonprofit professional, Katie lives in Arlington VA with Sam and her husband Cris.

Moms-on-Call are PSVa volunteers who respond to calls and emails from new moms and others seeking help and information about PMADs.

**Moms On Call Support  
Number - 703-829-7152**

*Leave a message and a volunteer will return your call within 24 hours.*

Postpartum Support International and the 2020MomProject are offering a specialized training webinar series for mental health professionals. This 8-session course, running October 3, 2016 to January 23, 2017, is presented by top experts and trainers in the field of perinatal mental health. Join from the comfort of your own home or office, and network with other participants through the course while completing this certificate course in perinatal mental health. ***Learn more [HERE](#).***



**Shelane's Run**  
October 29, 2016  
Fairfax

Shelane Dawn Gaydos was a strong, energetic, intelligent, beautiful and warm woman -- wife to Brian and mother to Nadia, Sofia, and Olivia -- who tragically ended her life in June 2015 after a miscarriage.

Shelane's friends, family, and fellow Fairfax County police officers are hosting a 5K and Kids Fun Run to raise awareness about PMADs. This is the **first-ever** road race in Virginia dedicated to this issue. Activities will include family-friendly games, booths, and more. ***Learn more [HERE](#).***

*Hope and help for new mothers*



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

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