PSVa Today
December 2016
Happy Holidays!

PSVa’s Year In Review

1. Mothers
Since 2009, we have helped hundreds of new and expectant moms and their families overcome PMADs. We know that mothers are the heart and soul of the family. As we like to say at PSVa....
A happy healthy mother makes a happy healthy family.

2. Fathers and partners
Thank you for taking care of moms when they need help the most. We know you sometimes wonder, “What happened to her? Where did she go?” We promise, she will be back when she gets the help she needs.

3. PSVa Volunteers
Our statewide network of fabulous volunteers give freely of their time to help those in need, whenever they need it. These wonderful and generous volunteers -- most of whom have lived experience with PMADs -- provide support, encouragement, information, and resources by running support groups, responding to calls and emails, and managing social media. THANK YOU!

4. Mental Health Professionals
We make referrals to over 150 mental health professionals who specialize in treating women experiencing PMADs. These psychiatrists and therapists take great pride in helping women recover from their PMAD experience.

5. PSVa Staff
PSVa’s staff keep all the administrative and operational gears turning. Thank you, one and all, for your dedication:
- Suman Kapur, Volunteer Coordinator
- Annie Kelly, Fundraising and Events Coordinator
- Katie Shaw, Moms on Call Coordinator
- Christina Hall and Kiera Jones, Social Media Coordinators
- Mary Beth Waite, Resource Coordinator

6. Researchers
We are grateful to those in the field of research who are investigating new methods and medicines to help women overcome PMADs.

7. **PSVa Board of Directors**
   The amazing women of PSVa’s Board of Directors give so generously of their time, talent, and treasure. Thank you to Kathie Lawson, Diana McSpadden, Megan Foote Monsky, Natasha Sriraman, Tina Truman, Benta Sims, and Mandy Zang. And welcome new Board members Lisa Casanova, Mallory Hudson, Jennifer Santoro, and Allison Teitelbaum.

8. **Donors and Grantors**
   Thank you to everyone who has donated to PSVa. We appreciate each and every dollar. Your gifts -- large and small -- help us provide direct support to new mothers and their families.

9. **Gaydos and Goldstein Families**
   Shelane Gaydos and Allison Goldstein were two beautiful bright young mothers who lost their battles with postpartum depression. We are grateful that their families have chosen to speak openly and bravely about these tragedies in the hopes of saving other lives.

10. **Babies**
   Because they are hope that the world should continue.

   **Hope and help for new mothers**

   ![Flowers]

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

   **DONATE**