



PSVa Today

February 2015

Lots Going On In The DMV!

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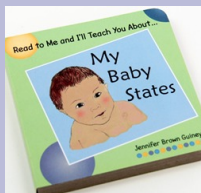
PSVa Mission

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.

My Baby States



Read to Me And I'll Teach You About...My Baby States is a brand-new board book designed to help caregivers understand the six stages of

LUNAFEST[®]

short films *by, for, about Women*

Wednesday, March 18

6:30 pm Sip&Shop 7:30 pm Showtime

Arlington Cinema & Drafthouse

2903 Columbia Pike, Arlington VA 22204

PSVa is once again hosting LUNAFEST, a fabulous fundraising film festival of award-winning short films by...for...about women. Bring a friend...enjoy a night at the movies...come early to shop from local women artisans! **PURCHASE TICKETS**



This Is My Brave

Sunday, May 17

4 pm

Artisphere's Spectrum Theatre

1611 North Kent Street, Arlington VA 22209

This Is My Brave is a theater show featuring real people talking openly about mental illness with the goal of ending the stigma associated with mental health disorders. Auditions are being held in a variety of locations in the DMV in February and March; learn more HERE.



New Resources in the DMV

The DC-MD-VA Perinatal Mental Health Resource Guide ("The DMV Resource Guide") is a brand-new, comprehensive, up-to-date online directory of organizations and individuals focusing on perinatal mental health, including psychiatrists, therapists, clinics, and support groups.

baby's wake-and-sleep cycle. A perfect gift for new parents! Written and published by PSVa volunteer Jennifer Brown Guiney, *My Baby States* is hot off the presses! Order [HERE](#) and write a review.



Jennifer Brown Guiney, CEIM, IMH-E® (II) LOVES babies! Jennifer is an infant mental health expert with a specialty in infant massage. Not only has she worked with infants and families for more than 25 years, but she is also mom to two teenagers, step-mom to three adult children, and grandmother of one. Jennifer co-leads the Fairfax support group, which meets at PB&Jack on Wednesday mornings. Learn more about Jennifer [HERE](#).

DMV PAIL (Pregnancy and Infant Loss Network) is a Facebook community for pregnancy and infant loss in the DC-VA-MD area.



Don't Forget Valentine's Day

Celebrate the wonderful women in your life!

BUY the perfect gift...JEWELRY

PSVa's jewelry features the iconic flower logo.



HONOR someone special...DONATE!

Make a donation to PSVa to recognize someone special. PSVa will send a hand-written card recognizing this tribute.

*Please indicate the honoree in the **comments** box.*

Hope and help for new mothers



www.postpartumva.org

DONATE