



## PSVa Today

### Friend-Raising Events

### New Support Groups

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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

*This NEW section of PSVa's monthly newsletter features an individual who has made a REAL difference in the lives of women experiencing perinatal mood and anxiety disorders.*



#### Dark Side of the Full Moon

This terrific film documents what happens when motherhood meets mental health. Written, directed, and produced by women who have survived perinatal mood and anxiety

disorders, this film is being described as "Chilling... brilliant... compelling." Catch a show near you...

**Fredericksburg, June 9 at 7:30**

- Fredericksburg Regal 14, 3301 Plank Road
- Purchase tickets [HERE](#)
- Join a post-show discussion on [FACEBOOK](#)

**Fairfax, July 23 at 7:30**

- Rave Pictures Fairfax Corner 14, 11900 Palace Way
- Purchase [HERE](#) starting June 19



#### Climb Out of The Darkness

Join thousands of women across the country in raising awareness about perinatal mood and anxiety disorders. These illnesses are the #1 complication of pregnancy and childbirth, affecting up to 1 in 5 women during

pregnancy or the first year after baby is born. "Climbs" are held on the longest day of the year to symbolize shedding light on these illnesses. Join a Climb near you on Saturday, June 20....

- **Fairfax:** 9 am at Algonkian Regional Park
- **Fredericksburg:** 11 am at Alum Spring Park
- **Richmond:** 10 am at Iron Bridge Park
- **Virginia Beach:** 10 am at Mount Trashmore





**BETH MACFARLANE** (above, left) has been the 'go-to' PSVa person in Virginia Beach since 2013. A rare combination of warmth and wisdom, calm and compassion, humor and honesty, Beth has helped countless new and expectant mothers overcome anxiety and depression. Beth launched PSVa's Virginia Beach support group and has personally provided hope and help to scores of women. Beth is a nurse, a mom, a friend, a survivor, a sparkplug, a voice of reason, a tower of strength, and a remarkable woman.

*Thank you, Beth, for your dedication, determination, and devotion in volunteering with Postpartum Support Virginia.*



## NEW Support Groups

Many women credit attending a support group as an important step in recovering from perinatal mood and anxiety disorders. Support groups offer a safe place to share feelings, connect with other new mothers, and learn about resources. PSVa offers FREE peer-led groups throughout the state, including two new groups....

### Fairfax: INOVA HealthSource

- 2700 Prosperity Avenue, Fairfax VA 22031
- 2nd & 4th Wednesday mornings
- [Email Marissa Konell](#)

### Manassas: Prince William Medical Center

- Hylton Birthing Center
- 8700 Sudley Road, Manassas VA 20110
- 1st & 3rd Friday mornings
- Contact Nancy Sonnenberg at 703-369-8649

## The New York Times

### More Excellent Reporting

Even the *New York Times Magazine* has jumped on the bandwagon of serious journalism featuring fact-based, well-informed, responsible articles about perinatal mood and anxiety disorders. Respected journalists and media outlets are finally getting it right! Check out the [newest page on PSVa's website](#) which includes articles about PSVa and PMADs.

Hope and help for new mothers



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

**DONATE**

