This issue of PSVa Today highlights ways to get involved and give back!

Why does PSVa need your help?
Because all services to moms and families are FREE!

What does PSVa provide?
- Resource-rich website
- Referrals to mental health providers
- One-on-one support via phone and email
- Group support at 15 peer-led support groups

VOLUNTEER
PSVa relies extensively on wonderful volunteers to provide hope and help to women and families experiencing perinatal mood and anxiety disorders.

We need YOU to help with.....

- social media
- administrative matters
- database management
- outreach to mothers' groups
- researching and writing grants

Volunteer opportunities are both ongoing and one-time. Contact Suman Kapur, PSVa's Volunteer Coordinator.

BECOME A "PREFERRED PROVIDER"
Are you a mental health professional who works with women experiencing perinatal mood & anxiety disorders? Become a “preferred provider” and be listed on PSVa’s website.

Contact MaryBeth Waite, PSVa’s Resource Coordinator.

JOIN THE 10K -- OCTOBER 25
#PSVa10K

New this year...join Team PSVa in a VIRTUAL 10K! Team PSVa is once again participating in the Marine Corps 10K (which is now SOLD OUT!) and wants YOU to join. Here’s how:

1. REGISTER to join Team PSVa
2. RAISE friends and funds
3. RACE at your own pace

Simply complete a 10K at your convenience....run or walk, where and when it’s convenient for you. Invite your friends and family to support you....or ask them to join Team PSVa and help reach our goal of raising $10,000. Learn more HERE or email Team PSVa Captain Annie Kelly.

#PSVa10K

Not interested in doing a 10K? Support Team PSVa!

SHOP FOR THE HOLIDAYS

Skip Black Friday crowds and shop with PSVa.

Sip & Shop at Company Flowers. Join PSVa for drinks and nibbles...learn 20 ways to wear a scarf...win an awesome gift during hourly raffles...and see the amazing flowers available at this charming neighborhood store.

November 12, 7-9 pm
2107 North Pollard Street

PSVa Receives Grant

The Williamsburg Community Foundation awarded PSVa $1500 for education and outreach. PSVa staff will meet with obstetric and pediatric providers throughout Greater Williamsburg to ensure they know about PMADs, are comfortable discussing PMADs with their patients, and are aware of PSVa’s resources. This is PSVa’s first grant from outside of Northern Virginia and a terrific show of support for new moms and families.

PSVa in the News!

self-care, but she is also helping raise awareness and dispel myths, shame, and stigma about PMADs. In a town and profession that rewards perfection, Hayden is a true hero for her bravery and vulnerability.

You are not alone
You are not to blame
With help, you will be well
Executive Director Adrienne Griffen’s story about her PMAD experience appears in the October-November edition of Arlington Magazine.

Arlington
25% of sales benefit PSVs

Find the perfect gift for the special ladies in your life. Check out PSVs’s line of jewelry and other gift items, including ornaments, wine coozies, and coasters. Shop from the comfort of home!

Hope and help for new mothers

www.postpartumva.org
DONATE