PSVa Today September 2015
MCM10K, Training Sessions

Join Team PSVa in the MCM10K!

Join Team PSVa in the Marine Corps Marathon 10K on Sunday, October 25, 2015. Walk, run, or push a stroller in this fabulous event held in conjunction with the Marine Corps Marathon. The MCM10K course travels the last 6.2 miles of the Marine Corps Marathon, passing national monuments and ending at the iconic Marine Corps War Memorial in Arlington, VA.

Team PSVa is fighting to raise awareness about Perinatal Mood and Anxiety Disorders. We are fighting to ensure women have the right information about PMADs and have access to help. We are fighting to eliminate the stigma associated with PMADs.

This is PSVa's single largest fundraiser; this year's goal is $10,000. Help by:
1. Joining Team PSVa.
2. Donating to a member of Team PSVa.

Shining the Light on PMADs: Mental Health During Pregnancy & Postpartum

PSVa is hosting two training sessions this fall for prospective social support volunteers, birth professionals, and mental health providers. Participants will understand:

1. The spectrum of perinatal mood and anxiety disorders
2. Impact of PMADS on mother, baby, and family
3. How, when, and why to discuss PMADs
4. Treatment options and intervention strategies

Fredericksburg, Saturday, September 26. Full-day session for prospective social support volunteers, birth professionals, and mental health providers.
boys. Jo and her family are relocating to Chicago.
Thank you, Jo, for being part of PSVa’s dedicated team of volunteers. Best of luck on the next chapter in your life!

Meet Annie Kelly

Annie Kelly, MCM10K Race Coordinator, will be sharing information about training, fund-raising, and friend-raising. Annie is the beautiful and fun-loving mom to 8-year-old Ruben and is a PMAD survivor. Contact Annie with questions or feedback about the MCM10K.

Leesburg, Saturday, October 31. Half-day session specifically for individuals interested in running support groups.

Learn more HERE, including how to register.

FAQ's about PMADs

July's newsletter included frequently asked questions (FAQ's) about Perinatal Mood and Anxiety Disorders (PMADs) -- and generated great feedback. Several readers reported they were sharing this information with colleagues and staff.

So here is an easy-to-read (and easy-to-download) version of PSVa's FAQ's about PMADs. Please share far and wide!

Hope and help for new mothers

www.postpartumva.org
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