PSVa Today  
October 2016

PSVa Conference and Other Events

Maternal Mental Health Conference  
December 3, 2016  
Williamsburg

SAVE THE DATE for this one-day conference on maternal mental health with a special focus on training mental health providers and maternal-child healthcare providers. The agenda includes a morning general session and afternoon workshops. Presenters include experts in the field of maternal-mental health: Emly Drake, PhD, RN (President of AWHONN); Jennifer Payne, MD (Johns Hopkins University); Natasha Sriraman, MD, MPH, FAAP, FABM (Children's Hospital of the King's Daughters). Learn more HERE.

Social Support Training  
November 5, 2016  
Arlington

PSVa is hosting a one-day social support volunteer training session in Arlington. Upon completion, attendees will have the knowledge and resources to become social support volunteers, providing encouragement and information to new and expectant mothers experiencing anxiety and/or depression. PSVa's social support volunteers are the heart of the organization: they directly support moms and families by answering phone calls and emails and leading support groups. Learn more HERE.

Maternal Mental Health Online Certificate Training  
October 3, 2016 --  
January 23, 2017

Quick Links
PSVa Website  
Donate  
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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 and Help Hero  
Katie Shaw

Katie Shaw suffered from postpartum depression and anxiety three months after her
son (Sam, now 8) was born. Thankfully, she'd seen one of PSVA's original blue flyers and called for support. PSVa helped her find a support group and other resources that helped her begin to feel better.

Katie is our volunteer Mom-On-Call and provides virtual hugs, support, and information about where struggling moms can find help. A former nonprofit professional, Katie lives in Arlington VA with Sam and her husband Cris.

Moms-on-Call are PSVa volunteers who respond to calls and emails from new moms and others seeking help and information about PMADs.

Moms On Call Support Number - 703-829-7152

Leave a message and a volunteer will return your call within 24 hours.

Postpartum Support International and the 2020MomProject are offering a specialized training webinar series for mental health professionals. This 8-session course, running October 3, 2016 to January 23, 2017, is presented by top experts and trainers in the field of perinatal mental health. Join from the comfort of your own home or office, and network with other participants through the course while completing this certificate course in perinatal mental health. Learn more HERE.

Shelane's Run
October 29, 2016
Fairfax

Shelane Dawn Gaydos was a strong, energetic, intelligent, beautiful and warm woman -- wife to Brian and mother to Nadia, Sofia, and Olivia -- who tragically ended her life in June 2015 after a miscarriage.

Shelane's friends, family, and fellow Fairfax County police officers are hosting a 5K and Kids Fun Run to raise awareness about PMADs. This is the first-ever road race in Virginia dedicated to this issue. Activities will include family-friendly games, booths, and more. Learn more HERE.

Hope and help for new mothers

www.postpartumva.org
DONATE