Happy Veteran's Day!

Thank you to everyone who has served our country in our armed services.

Our country's hard-earned freedom is not free -- it comes at the expense of those in uniform.

Great news! PSVa is part of the Combined Federal Campaign!
If you are a federal employee, you can now give to PSVa via CFC.

PSVa's CFC number is 55119

It's probably no surprise that military mothers are at increased risk for experiencing perinatal mood and anxiety disorders such as postpartum depression or anxiety. Military families are often far away from home. They face the stress of deployments and having loved ones in dangerous places. And, sadly, stigma about mental health issues continues.

We take our responsibility to help military moms seriously. Melissa Nauss is a Navy spouse, a postpartum doula, and our Military Moms Coordinator. [Check out her company's awesome logo!] Melissa runs a virtual support group just for military moms.

We are working with folks from Langley AFB and Portsmouth Naval Hospital --
which hosts one of our support groups -- along with other stake-holders in Hampton Roads to address PMADs in a comprehensive, community-wide manner.

Thank you to Naval Academy graduates from the Class of 1987 who have generously supported PSVa this year. See the list at left for members of the '87 Club, who collectively donated close to $10,000. Special thanks to:

- **Drew Vuillemot** -- along with wife Jen and daughter Julie -- who participated in Shelane's Run
- **Erica Sahler**, who assisted with CFC accreditation.
- **Paul Rayhill, Jim Matheson,** and **Rob Calhoun**, who donated water for Shelane's Run.
- **Gabriel Gomez, Paul Gosnell, Laura Granahan, Matt Sampson, Suzanne Skelley,** and **Patti Stevick** who have given so generously to support PSVa operations.

As you begin holiday preparations, I hope you will add PSVa to your gift-giving list. Just click below to donate.

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