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.

Shelane Gaydos
Running for Postpartum Depression Awareness

WHAT A GREAT DAY!

Close to 500 runners participated in Saturday’s 2nd Annual Shelane’s Run raising over $25,000 to support women experiencing postpartum depression and other perinatal mood and anxiety disorders.

Perfect weather for a 5K!

Shelane’s Family
Shelane Dawn Gaydos was a strong, energetic, intelligent and warm woman. She had a hearty, infectious laugh and a bright smile. She was a loving and supportive wife to her husband, Brian, and a devoted mother to her three beautiful daughters, Nadia (7), Sofia (5) and Olivia (2).

Tragically, Shelane ended her life on June 12, 2015 in the grips of depression after suffering a miscarriage.

Shelane’s family is committed to raising awareness about perinatal mood and anxiety disorders, promoting programs that offer support and resources, and encouraging women and their families to reach out for help.

Check out this recent ARTICLE in The Washington Post about Shelane.

Special Thanks To...

Joanne & Steve Bryant
Sarah Bryant & Kat Norton
Brian Gaydos
Anita Okonak
Diana Sechrist
Meredith Webb & family
Team PSVa
USNA Class of 1987
Pacer’s Running Stores
Peet's Coffee
...and everyone who helped!

Many, many thanks to the Fairfax County Law Enforcement (Police, Fire, and Sheriff) Departments for all your help and support!
SHELANE’S RUN benefits Postpartum Support Virginia and will provide financial assistance to women and families needing help to overcome postpartum depression and other perinatal mood and anxiety disorders.