



PSVa Today Early September 2017 *Back to School!*

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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 *Birdie Gunyon Meyer*



Need an introductory class?

Maternal Mental Health 101

September 14 1:30 -- 3 pm

FREE webinar Register [HERE](#)

This is a quick introduction to maternal mental health issues. Topics include the range and prevalence of perinatal mood and anxiety disorders, including signs, symptoms, and treatment options. Sponsored by 2020Mom and Postpartum Support International (PSI), this webinar will be hosted by former PSI President Birdie Meyer.

PSVa Social Support Group Model

September 15 10 -- 11 am

FREE webinar Register [HERE](#)



PSVa's successful support group model is the topic of this webinar, the first in 2020Mom's "Models that Made It" series. Learn from PSVa's Adrienne Griffen how to provide free, easily accessible, hospital-based support groups for women experiencing maternal mental health issues.

Need more in-depth training?

PSVa Social Support Group Training

September 16 10 am -- 4pm

Richmond VA Learn more [HERE](#)

Interested in leading a support group for women experiencing perinatal mood and anxiety disorders? This 8-hour session is for you! Learn how to start and run a support group.

Maternal Mental Health Training

September 11 -- December 18 1-3 pm

Eight 2-hour sessions Learn more [HERE](#)

Birdie Gunyon Meyer is a past president of Postpartum Support International -- and a force of nature. She is smart, funny, and dedicated to helping new and pregnant moms overcome perinatal mood and anxiety disorders. Birdie is an RN with a Masters in Psychology/Counseling and runs the Perinatal Mood Disorders Program at Indiana University Health.

Check out this great ARTICLE about Birdie.

PSI is hosting a webinar series for mental health providers. Course includes reading materials, resources, and small group discussions. Presenters are seasoned professionals who are experts in the field of perinatal mood and anxiety disorders. Certification of completion and 16 CE hours for mental health and clinical professionals will be awarded.

Maternal Mental Health Intensive

October 13-14

New York City Learn more HERE

The Seleni Institute is hosting a 2-day clinical training on maternal mental health issues, including perinatal grief and loss. This intermediate-level training is appropriate for psychologists, psychiatrists, social workers, nurses, mental health counselors, physicians, graduate students, marriage and family therapists, pastoral counselors, and midwives.

www.postpartumva.org

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