

Postpartum Support Virginia

Hope and help for new mothers



January 2018 New Year's Resolutions

2018 holds great promise as PSVa continues to expand services to help more new/pregnant mothers and their families overcome postpartum depression and other perinatal mood and anxiety disorders (PMADs).

Here are three ways that you can help PSVa provide hope and help to new mothers.

New Year's Resolution #1: Get Involved!



TRAIN the TRAINER



We are training an army of volunteers to share information about PSVa and PMADs with maternal-child healthcare providers, including obstetric, pediatric, and family nurses and physicians. Help us spread the word!

January 27 in Northern Virginia; register [HERE](#)



Interested in helping new/pregnant moms overcome postpartum depression and other perinatal mood and anxiety disorders? Attend a social support training and learn how to help women via phone, email, or group.

Feb 24 in Northern Virginia / March 24 in Charlottesville; register [HERE](#)

New Year's Resolution #2: Get Smart!



Virginia Commonwealth University and **Children's Hospital of Richmond** are partnering with PSVa to host a session specifically for lactation consultants and breastfeeding specialists. We'll be discussing the intersection between breastfeeding challenges and perinatal mood and anxiety disorders. **January 26 in Richmond; register [HERE](#)**





PSI Online Maternal Mental Health Webinar Training. Postpartum Support International -- the world's leading organization in support, education, advocacy, and research regarding perinatal mood and anxiety disorders -- is hosting an 8-session webinar for mental health and clinical professionals. Continuing education units awarded.

February 26 -- June 4 in your home; register [HERE](#)

New Year's Resolution #3: Get Fit!



PSVa is partnering with Annie Powell of [Own It Daily](#) to field a team to run the Loudoun County Half-Marathon on Sunday, April 22. This is a great way to get in shape and raise \$\$\$ for PSVa. Stay tuned for more details.

April 22 in Loudoun County; learn more [HERE](#)

Postpartum Support Virginia's mission is to help new/pregnant mothers and their families overcome postpartum depression and other perinatal mood and anxiety disorders.

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