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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.*

### NEW!

**Manassas Postpartum Support Group**

## PSVa Today

### Celebrate May With PSVa!

#### Maternal Mental Health Awareness Month

The Virginia General Assembly has declared May as Maternal Mental Health Month! Thank you, Virginia, for recognizing the importance of mental health for new and expectant mothers and their families. Read the full text [HERE](#)



#### Screening New and Expectant Moms for Perinatal Mood and Anxiety Disorders

The American Congress of Obstetricians & Gynecologists – the most influential group governing obstetric providers – issued a statement in April encouraging clinicians to screen perinatal patients for anxiety and depression.

This is **BIG NEWS!**

Until now, obstetric providers have been reluctant to screen because of lack of referrals and resources.

Thank goodness PSVa is here to help!

Learn more [HERE](#)



#### Shop for Mother's Day Gifts

Support PSVa and choose the perfect gift for the special ladies in your life....

*mothers, sisters, daughters, wives, friends.*

Jewelry and gift items all feature PSVa's iconic flower.

Shop [HERE](#)



#### Honor Someone Special.... Donate to the Annual Fund

Each May, PSVa launches its Annual Fund.

Donate in honor of someone special, and PSVa will send a beautiful notecard.

This year's Annual Fund goal is \$10,000, which supports PSVa's operations:

*New and expectant moms experiencing anxiety and depression now have their own support group in Manassas. Here's the scoop:*

Prince Wm Medical Center  
Hylton Birthing Center  
8700 Sudley Road  
Manassas VA 20110

1st & 3rd Friday mornings  
Contact Nancy  
Sonnenberg at  
703-369-8649.

- Providing support and resources to moms and families
- Conducting outreach efforts to medical professionals
- Identifying mental health professionals
- Recruiting and training volunteers

**Please be generous!**

*Include contact information in the Comments box.*

Donate [HERE](#)

*Hope and help for new mothers*



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

**DONATE**

