

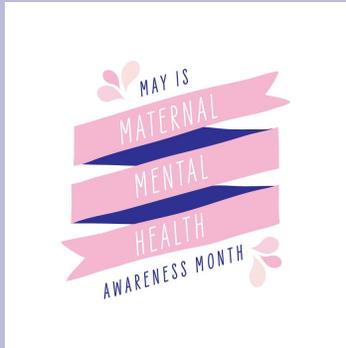


PSVa Today May 2016

Upcoming Events

Lobby Day and Reception

May 16-17



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The National Coalition for Maternal Mental Health is hosting its first Lobby Day on May 17. Join PMAD survivors as we take to Capitol Hill to meet with our Congressional representatives to urge them to support federal legislation: Bringing Postpartum Depression Out of the Shadows Act (HR3235 / S2311).

This legislation -- which calls for increasing and improving treatment for women experiencing perinatal mood and anxiety disorders -- has support from scores of elected officials and influential organizations such as The March of Dimes.

Meetings are currently scheduled with Senator Tim Kaine and Representatives David Brat, Don Beyer, Bobby Scott, and Barbara Comstock. Please join us!

Click [HERE](#) To contact members of Virginia's Congressional delegation and encourage them to support this important bill.

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 & Help Hero *Abby Dini*



Women's Health Virginia Conference on Women's Health

June 17

This year's conference -- in Charlottesville -- is entitled **It Starts In Her Head: The Brain's Crucial Connections to Women's Wellness**. National and Virginia experts will discuss groundbreaking research about the brain and how it impacts women and girls' physical and mental health. In addition to discussing the growing understanding about the brain in connection with the conditions noted above, speakers will explore how this knowledge may affect prevention, diagnosis and treatment.

Climb Out of the Darkness

June 18

Abby Dini is awesome -- no other word for it. Abby is wife to Matthew, mother to Marcelo and Adrian, social worker, and PMAD survivor. Abby was recently featured in a story in the [Richmond Times-Dispatch](#) about her PMAD experiences. She is also organizing [Richmond's Climb out of the Darkness](#) on June 18. Abby is also featured in Richmond's Breastfeeding Campaign -- you might see her life-size posters around town.



PSVa's Celebrate Motherhood campaign has been hugely successful, raising over \$11,000 by Mother's Day. We are on track to meet our goal of \$20,000 by the end of May, but need your help.

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Climb Out of the Darkness® is the world's largest event raising awareness of perinatal mood and anxiety disorders. Climb Out of the Darkness is held on or near the longest day of the year annually to help shine the *most* light on perinatal mood and anxiety disorders. The event features mothers and others across the globe joining together to climb mountains and hike trails to represent their symbolic rise out of the darkness of maternal mental illness and into the light of hope and recovery.

Climbs are currently scheduled in Virginia in Alexandria / Springfield, Fredericksburg, Loudoun County, and Richmond.

Postpartum Support International Annual Conference *June 22-25*

Postpartum Support International (PSI) is the world's leading organization for advocating, educating, and providing support for perinatal mood and anxiety disorders. This year's conference is in sunny San Diego, June 22-25. The first two days are PSI's Certificate Training Program; the final two days are the annual conference, featuring outstanding speakers and break-out sessions.

Postpartum Progress Warrior Mom Conference *October 14-15*

Postpartum Progress is hosting its second annual Warrior Mom Conference in Atlanta GA in October. This year's theme -- **Together / Stronger** -- focuses on the Warrior Mom community: the volunteers, climbers, blog readers, forum members, and staff that have changed the face of PPD for so many women and families over the last 11 years.

Hope and help for new mothers



www.postpartumva.org

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