

Postpartum Support Virginia

Hope and help for new mothers



February 2018

Social support is a key component in recovering from a PMAD experience. Providing FREE social support groups is the cornerstone of PSVa's activities. Our goal is a support group at every hospital in Virginia providing maternity services.

About Peer Support Groups



Peer support groups are an evidence-based, low cost community solution and an important aspect in treating mental illness. Peer support is considered a best practice by the Substance Abuse and Mental Health Services Administration and Mental Health America cites peer support as an essential element of recovery.

PSVa's support group leaders provide psycho-education, support and encouragement, and appropriate referrals to local resources. Support group members provide normalization and validation, much-needed connection with others, insights about challenges and successes, and hope for recovery. PSVa's groups are open to any woman who needs support during pregnancy or first year postpartum.

PSVa PMAD Support Groups

PSVa started in 2005 with **3** volunteers leading **2** support groups.

Today we have over **50** volunteers leading **20** support groups.

WOW!

Alexandria: INOVA Alexandria Hospital

Arlington: Virginia Hospital Center

Chantilly: INOVA Fair Oaks Hospital

Fairfax: INOVA Fairfax Women's Hospital

Forest: Centra Medical Group Women's Center

Harrisonburg: Sentara RMH Funkhouser Women's Health Center

Leesburg: INOVA Loudoun Hospital

Lynchburg: Horizon Wellness Center

Lynchburg: Wyndhurst Counseling Center

Manassas: NOVANT/UVa Health Prince William Medical Center

Midlothian: Bon Secours St. Francis Medical Center
Norfolk: Children's Hospital of The King's Daughters
Portsmouth: Portsmouth Naval Medical Center
Richmond: Cypress Counseling
Richmond: HCA Johnston-Willis Hospital
Richmond: Bon Secours St. Mary's Hospital
Virginia Beach: Kempsville Presbyterian Church
Virginia Beach: Sentara Princess Anne Hospital
Williamsburg: Child Development Resources
Williamsburg: Sentara Williamsburg Regional Medical Center
Coming soon: Charlottesville, Fredericksburg/Stafford, Woodbridge

Learn more about PSVa's support groups [HERE](#)

PSVa Social Support Training



Interested in starting a support group at your hospital? Attend PSVa's social support training and learn how to help new/pregnant mothers via phone, email, or support group. Limited to 20 attendees; register TODAY!

February 24 in Northern Virginia

March 24 in Charlottesville

Register [HERE](#)

Components of Care Certificate Training



Postpartum Support International is the world's leading organization in support, education, advocacy, and research regarding perinatal mood and anxiety disorders. PSVa is hosting PSI's 2-day certificate training in Richmond in May. This one-of-a-kind training covers the entire spectrum of topics related to PMADS. Medical and mental health professionals can gain continuing education units.

May 18-19 in Richmond

Learn more and register [HERE](#)

Volunteer of the Decade: Jyl Pomeroy



In September 2005, PSVa launched its first support group at Virginia Hospital Center in Arlington. Jyl Pomeroy, RN, a



pediatric nurse and PMAD survivor, has led this group for over 12 years, meeting twice a month without fail. Jyl has helped hundreds of new mothers adjust to life with baby with her words of calm encouragement, support, and reassurance. PSVa is so grateful to Jyl for her many years of providing hope and help to

new mothers

Best of luck, Jyl, as you head toward retirement!

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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Donate



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