

Postpartum Support Virginia

Hope and help for new mothers



March 2018 Get Involved!

So many great opportunities to get involved with PSVa and the broader effort to raise awareness about perinatal mood and anxiety disorders and other maternal mental health issues.

Get trained...get moving...get heard...get educated...get involved!



PSVa Social Support Training March 24 / Charlottesville

Interested in starting a support group at your hospital? Or providing hope and help to new mothers via phone or email? 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! Learn more [HERE](#).



Fundraising Fitness Class

March 24 or 28 / Williamsburg

Get a workout while supporting PSVa! Results Performance Training is hosting 2 classes with proceeds going toward PSVa's activities in Williamsburg. We have 2 support groups in Williamsburg, and Williamsburg Coordinator Danielle Cauley leads quarterly meetings of the Williamsburg Maternal Mental Health Coalition. Learn more [HERE](#).



3rd Annual Maternal Mental Health Advocacy Days May 6-7-8 / Washington DC

Join maternal mental health advocates (professionals, survivors, and families) to advocate for change, network, and lobby together on a comprehensive federal bill package. Early Bird registration ends March 31...sign up today! Learn more [HERE](#).



Components of Care Certificate Training May 18-19 / Richmond VA

Postpartum Support International (PSI) is the world's leading organization in support, education, advocacy, and research regarding perinatal mood and anxiety disorders. PSI is bringing its unique 2-day certificate training to Richmond in May. This training is designed for anyone interested in learning more about PMADs: maternal-child healthcare providers, birth/postpartum professionals, mental health providers, Early Impact Virginia specialists, volunteers, advocates, and anyone with "touchpoints" with women during the perinatal timeframe. 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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Donate



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