



Pacific Post Partum Support Society Our Mission

Our mission is to end the isolation and distress experienced by many women and their families with the profound life change that accompanies the birth or adoption of a child.

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About Postpartum Depression /Anxiety

An estimated 1 out of every 6 women experiences troubling depression or anxiety with the birth or adoption of a child. This is referred to as perinatal/postpartum depression or anxiety. Many women suffer it, and often in silence.

“I credit the PPPSS with saving my life, a bit of a dramatic claim, but true. Without the Society’s support, I suspect my family, marriage, son’s development and my career would have needlessly suffered in unredeemable and immeasurable ways.”

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Sheila, Hollie, Shealagh, Kerry, and Georgie

About Us

Our program started in 1971 as a grass roots initiative when a small group of women began meeting at the Vancouver Crisis Line office to share their experiences and support each other around postpartum issues. This established the pattern for our treatment model: women supporting women. Our key services include telephone support provided six days a week; ongoing women’s support groups; community education talks and trainings; partner information sessions and our own publications and resources. Today we reach out to thousands of women and families each year.

1-855-255-7999

We are excited to offer a new toll-free support line in partnership with Vancouver Coastal Health.

With this toll free number we are able to reach out to families across BC who may not otherwise be able to access our services. We would like to thank Vancouver Coastal Health for their partnership.

“The Postpartum Journey” website

“The Postpartum Journey” recreates the story of a woman who has experienced and recovered from postpartum depression or anxiety, and provides links to information and resources for families and health care providers. Launched in 2012, it was developed in partnership with Vancouver Coastal Health, Provincial Health Services Authority, and Providence Health Care. Our website receives approximately 1,300 unique visitors a month.

Outcomes (April 2011-March 2012)

3,688 Telephone support calls and emails supported women, caregivers, and family members affected by difficult adjustments during pregnancy and the postpartum period. Most calls were from Vancouver and the Lower Mainland, and some came from across BC, Canada, and the US.

120 Clients were assisted by seven facilitated support groups in North Vancouver, Vancouver Westside, Port Coquitlam, Richmond, Vancouver Day (Eastside), Vancouver YMCA, and Cloverdale. Our new facilitated support group in Burnaby (launched in October 2012) makes eight!

101 Mom & Baby talks informed 1,375 new parents about postpartum depression/anxiety.

Community Training

PPPSS sessions in Quesnel, Smithers, and Campbell River trained 65 participants (such as community care providers and public health nurses) to recognize early signs of and provide support for perinatal depression and anxiety. PPPSS also delivered two one-day workshops to 53 members of the BCAPOP (BC Association of Pregnancy Outreach Programs).

Cognitive Behavioural Skills Self-Help

Women experiencing difficult postpartum adjustments can participate in an eight-week series of one-to-one telephone coaching sessions with our trained counsellors to learn self-help skills to better manage recovery and reduce the impact of depression or anxiety on themselves and their families. This pilot project is funded by Canada Post Foundation for Mental Health, Vancouver Foundation, and the Hamber Foundation. Thank you to Dr. Nicole Dorfan, registered psychologist with the Vancouver CBT Centre, for volunteering her time and expertise by providing additional training to our staff.

Multicultural Telephone Support Volunteers

PPPSS will be delivering more Perinatal Support Skills workshops to multicultural workers and volunteers from other community agencies, and some of these participants go on to complete further training to volunteer for PPPSS. We now have support staff and volunteers speaking Mandarin, Cantonese, Spanish, Farsi, Punjabi, and Hebrew, supporting families who previously would not have been able to access Society services. Continued workshops are funded by Vancouver Foundation and Richmond Public Health.

Couples Sessions

Thank you to Dr. Michal Regev, registered psychologist and registered Marriage and Family therapist, previously with B.C. Women's Reproductive Mental Health. Dr. Regev is volunteering her many years of perinatal clinical expertise and teaching experience to facilitate workshops for women and their partners.

Celebrating Mothers



Eat Shop Love for Moms

We gratefully thank the Kitsilano West 4th Business Improvement Association for support and partnership on this fundraising initiative led by our own board director, Linda Foster. On the evening

of May 10, 2012, participating businesses donated a percentage of proceeds to PPPSS, totalling nearly \$6,000. For more information, including a list of sponsors and contributing merchants, please see www.eatshoplove.org.

Thank you to Kathleen James for organizing our annual **Mother's Day Tea**, which celebrates mothers involved in our program.

Over 50 people attended a **Silent Auction in Port Coquitlam** organized by past group members in summer 2011.

Staff and Board Members

We welcome the following to our Society!

Stace Dayment, who joined our staff in 2011 and is our Manager of Administration, holding everything together at the office! **Erick Cardona**, our accountant, and our grant writer **Nadine Flagel**. **Juno Rinaldi** and **Emma Lee**, our newest Counsellors/Group Facilitators. **Jane Beausoleil** and **Heather Campbell**, new Board Directors.

VOLUNTEER FOR PPPSS!

We actively seek volunteers for fundraising activities and administrative tasks. Mothers with fluency in more than one language may be able to train as telephone support volunteers. We offer flexible opportunities to build on your existing skills and interests, a comfortable and supportive work environment, and rewarding experience.

We are always on the lookout for new Board members! Contact board@postpartum.org for more information.

EVALUATIONS & TESTIMONIALS

If you are a current or past client, please remember to fill out and return your evaluation forms. Also please consider submitting a testimonial about your recovery from postpartum depression or anxiety – we are always interested in hearing your stories of recovery, which make persuasive testimonials! All testimonials and letters of support mailed or e-mailed to PPPSS are kept anonymous.

The Board and Staff at Pacific Post Partum Support Society would like to thank our funders, volunteers, and members for their continued commitment to our mission.

We gratefully acknowledge financial support from:

- the Province of British Columbia
- Vancouver Coastal Health
- Vancouver Coastal Health – Richmond
- Fraser Health Authority
- Anonymous Donor
- City of Vancouver
- City of Richmond
- City & District of North Vancouver
- City of Surrey
- Soroptimist International of the TriCities
- Canada Post Foundation for Mental Health
- Vancouver Foundation
- Bell “Let’s Talk” Mental Health Foundation
- Greenshield Canada Community Giving
- First West Foundation Envision Fund
- The Hamber Foundation
- Mr. and Mrs. P.A. Woodward’s Foundation
- Shopper’s Drug Mart

PPPSS WISHLIST

- Carpet cleaning
- Adjustable office chairs
- Work station/ partitions
- Microwave

While we give our very best to each mother who needs our support, we need your support to continue!

Pacific Post Partum Support Society needs your support to continue our long-standing mission of supporting mothers through their challenging postpartum transition. Our services are valued by the families we serve, and the demand for our services is increasing.

Your financial gift will make a long-term impact in the lives of families struggling with postpartum depression or anxiety. You can donate via CanadaHelps.org or by visiting our website www.postpartum.org. You could also complete and mail the attached donation form to us. For more information contact Stace Dayment, Manager of Administration at 604-255-7955.

“This group has been beyond valuable – it literally saved my life, and my partner’s life. Thank you.”

-PPPSS Group member, 2012

604-255-7999 / 1-855-255-7999 Support Line

604-255-7955 administrative line
 604-255-7588 fax
 200 – 7342 Winston St.
 Burnaby, BC V5A 2H1
www.postpartum.org
 Twitter / Facebook

There are several ways that you can give to support our mission. Here’s how you can make an impact:

- \$50** will pay for our telephone bill for one week, allowing us to support many moms by phone
- \$100** will allow us to hold a community Mother and Baby Education Talk
- \$250** will allow us to distribute educational information to service providers and families across BC for one month
- \$1000** will pay to run a weekly support group with childminding included (which often provides a much needed break!) for one month
- \$1,200** will provide a training to telephone support volunteers

Happy Holidays and Best Wishes for a Successful 2013 from all of us at Pacific Post Partum Support Society!

This newsletter is dedicated to the memory of Dr. Shauna Little, who passed away this year. Shauna contributed to PPPSS for over 20 years as board member, treasurer, and chair.



Pacific Post Partum Support Society

MEMBERSHIP . DONATION FORM . 2012 / 2013

(Valid April 1 through March 31)

New Member

Membership Renewal

Donation Only

NAME:

DATE:

STREET ADDRESS:

CITY:

PROVINCE:

POSTAL CODE:

TEL:

OTHER:

EMAIL:

PLEASE NOTE THAT NO PERSONAL INFORMATION IS SUPPLIED TO ANY OTHER PARTIES.

Annual Membership Fee:

\$10 what I am able to afford at this time \$ _____

I am making a donation for the amount of _____ dollars \$ _____

An official receipt will be sent to you for the total contribution \$ _____

Method of Payment:

By cheque or money order payable to Pacific Post Partum Support Society

By Cash, given to the care of _____ (do not send cash through mail)

Online or monthly donations to our Society can also be made at
www.postpartum.org or www.canadahelps.org

I support the goals and beliefs of Pacific Post Partum Support Society and would like to be a member for the 2012 / 2013 fiscal year.

I would like to be removed from your mailing list

I would like information on Volunteer Opportunities with the Society

*Thank you for
your Support!*

Signed _____ Date _____