

Pacific Post Partum Support Society

April 2017– March 2018 Annual Report

September 13, 2018

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Pacific Post Partum Support Society

2017-18 Annual Report

A Message from **Erin Arnold**, Board of Directors Chair

It has been an incredible experience to see our Society continue to grow and flourish over the last year. Every year I am astounded on the statistics of women served by our small non-profit. It is a pleasure to work with such caring and dedicated staff.

Our Director Sheila Duffy continues to encompass grace and ensure our Society's values remain at the forefront in her decision making.

I organized an end of summer BBQ at Trout Lake for our clients, staff and volunteers. It was lovely to see the moms and children interacting and enjoying the companionship, public park and crafts. It brings me joy to witness mothers being able to access much needed support and friendship in a challenging time in their lives. Thank you to Stace, Georgie and Diana Hanson for your help ensuring it was a success.

I would like to express gratitude to Barb Stackhouse and Cathy Tremblay for their time serving on the Board of Directors. We have a solid team of Board Members and are looking forward to welcoming a new Board prospect for this term.

I would like to acknowledge the incredible dedication that our Board Treasurer Houston Mo continues to bring to the Society. The Finance committee has done a fantastic job at guiding and advising us to a solid place. Christina, Barb, Ruth, Stace and Sheila are hard-working and deserve much recognition.

As we say happy retirement to Linda King after three decades of compassion, love and commitment we hope to see her remain involved in the future. She is a part of our PPPSS family now and forever.

I am committed to seeing this organization flourish and continue to give much of my time to donor relations, networking and building capacity. I thank you for taking the time to be a part of a grass-roots Society that is dedicated to the women, children and families it serves.

Erin Arnold
is the
recipient of
our 2018
Dr. Shauna
Little
Award



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A Message from **Sheila Duffy**, Director

It is always a humbling experience to write this report each year. Looking at how much we have accomplished and continue to accomplish over the years is truly inspiring and such an acknowledgement for all of the hard work done by our dedicated team of volunteers and staff.

We handled over 14,000 contacts for our services, an increase from last year's 12,194. (5,156 calls and 8,952 emails). We served 222 moms in our ten support groups (increased from 179) and reached out to 1,244 parents at mom and baby talks in the Lower Mainland. We did two 8-week online trainings with participants across B.C. and Canada attending, and four community workshops in the Lower Mainland, as well as numerous outreach activities across the region.

We have increased our groups from eight to ten, and offered a Mandarin-speaking CBT based support group in Richmond this year. We were able to do more partner sessions this year, from one or two the last number of years, to five sessions this past fiscal year, reaching 47 new dads.

As I say every year, I am incredibly grateful to work at Pacific Post Partum. I continue to be amazed at the dedication of our staff and the unique service we provide for those suffering. I am inspired each time I witness their gift of supporting others. Thank you really is not enough to acknowledge the dedication and compassionate care our counsellors provide.

Thank you to our amazing admin staff! Stace Dayment and Christina Debruyne who take care of all of our administrative and accounting needs allowing the counselling staff to deliver our programs. They are an integral part of our foundation at PPPSS.

We would also like to acknowledge our Board of Directors who are often working hard behind the scenes and continue to value the work we do and do such a great job of supporting staff.

We appreciate all they do! Special thanks to Erin Arnold, fundraising chair and chair of the Board, and to our Angel Donor fundraising team. This year we have also had many new and hard-working volunteers doing support calls, helping out at events and supporting our admin staff.

This coming year we will be saying good-bye to Linda King who, after 27 years, will be retiring at the end of the year. (However, she is also planning on doing some on call relief work, as no one ever really leaves PPPSS.) We also welcomed Leah Burns to our counselling staff, who is a huge asset to our team!

Thank you especially to the women we support. Every day they share with us the pain and joy of their journey through the profound life change that happens as we adjust to motherhood. These mothers demonstrate how much strength and courage it takes to reach out and to recover from the sometimes devastating repercussions of PPD/A. We feel privileged to be part of their journeys.



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About our Support Programs

Telephone Support:

Our team of experienced perinatal/postpartum counsellors offer telephone support, information and referrals to women and their families 5 days a week. Women may self-refer but many referrals come from physicians and public health nurses.

Weekly Support Groups:

Our support groups are held weekly at numerous locations across the Lower Mainland. They provide a safe place for women suffering from postpartum depression to connect with other women and receive valuable support and information. **2017-18 locations included North Vancouver, East Vancouver, Downtown Vancouver, Langley, Richmond, Cloverdale, Port Coquitlam, New Westminster and Burnaby.**

Our new **online support groups** provide a confidential, interactive space in an accessible online format. These groups are facilitated by two experienced PPPSS staff making use of videos, exercises, and real-time discussions, and help us extend our reach to mothers across the province who are unable to attend a local in-person support group for a variety of reasons.

Cognitive Behavioural Self-Help Skills & Techniques:

This eight-week series features one-to-one telephone coaching in cognitive behavioural self-help skills. This option is particularly helpful to women who may not have access to our support groups in the Lower Mainland. We also occasionally offer this CBT series in our support groups.

Partner and Couples Information Sessions:

Designed as a safe forum for the partners of women suffering from PPD/A, or couples interested in reinforcing their partnership during this transition, these sessions are well received by those who have attended.

Information Packages:

We provide informative brochures in English, Simplified and Traditional Chinese, Hindi, Farsi, Spanish, and Punjabi, and our Information Packages are available to individuals and professionals at no cost. **A self help guide entitled “[Postpartum Depression and Anxiety: A Self-Help Guide for Mothers](#)”** is published by the Society and is also available for purchase as are the Society’s professional publications, [“A Reference Manual for Group Facilitators”](#) and [“A Reference Manual for Telephone Support Volunteers.”](#)

Community Education Talks:

We are often invited to give presentations at Mom & Baby groups in partnership with the Public Health units and community based organizations such as Neighbourhood Houses and Family Places. These interactive talks facilitate new mothers to share their feelings about the postpartum period honestly and openly with other mothers, and are a proven tool in promoting prevention, early recognition, and treatment of postpartum symptoms.

Service Provider Educational Trainings:

Trainings are offered in group facilitation and telephone counselling as well as basic support skills for postpartum support. Over the past few years, we have developed an innovative **Multicultural Training Program**, whereby we provide support skills to multicultural support workers who can then reach out and support women in their own communities and languages.

We are also now offering **online trainings**. Led by our experienced facilitators, this training benefits health care providers, support workers and community members who have contact with pregnant and/or postpartum mothers of young children.

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Program Statistics

Vancouver Coastal Health Authority

Vancouver	1,602
Richmond	263
North Vancouver	195
West Vancouver	29
Whistler & Squamish	80
Other VCH areas	59
VCH Total	2,228

Interior Health Authority

Kamloops	37
Kelowna	26
Nelson	14
Trail	20
Vernon	24
Other IHA areas	31
Interior Total	152

Northern Health

Prince George	21
Prince Rupert	13
Ft. St. John	8
Massat	4
Kitimat	5
Other North	3
Northern Total	54

Total support calls

**2017-18:
5,156**

Total contacts including e-mail:
14,108

Expected births in British
Columbia 2017:
46,000

Fraser Health Authority

Burnaby	482
PoCo/Coquitlam	409
New Westminster	117
Surrey	485
Port Moody	77
Chilliwack	152
Langley	103
Fraser Valley	219
FHA Total	2,202

Vancouver Island

Nanaimo	105
Duncan	17
Hornby Island	13
Victoria	57
Qualicum Beach	5
Gabriola Island	11
Other Island	17
Island Total	225

Other Canada

Alberta	21
Yukon Territories	24
Ontario	30
Other Canada	8
Total	83
Other/Anonymous	179
USA Total	33

An estimated **1 out of every 6** women experiences troubling depression or anxiety after the birth or adoption of a child.

Over 7,700 mothers and their families in British Columbia need our help *annually*.

I felt ten times better after our initial conversation.
- Group Member, 2018

I experienced such healing here.
- Group Member, 2018

Once I contacted PPPSS I found I had the support I was missing. It's been a long journey but I really feel the society contributed to my recovery.
- Group Member, 2017

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Program Statistics April 2017- March 2018

Weekly Support Groups

North Vancouver	31
Port Coquitlam	20
Richmond	17
Vancouver Eastside	28
Vancouver Eastside 2	22
Vancouver YMCA	22
Cloverdale/Langley	35
Burnaby	20
Burnaby/PoCo	18
New Westminster	9

Total women enrolled in support groups: 222

Total children attended while women received support in groups: 172

Mom & Baby Talks

Total Mom & Baby Talks	97	
VCH Talks	60	62%
VCH Attendees	842	
FHA Talks	37	38%
FHA Attendees	402	
Total Attendees	1,244	

www.postpartum.org

Website Statistics April 2017 – March 2018

Site Visits	77,493
Unique visitors	61,515
Mobile visitors	45,769

Top Website Referrers:

Facebook	HereToHelp.bc.ca
Provincial Health Services Authority	Fraser Health
Postpartum Support International	Pregnant Chicken
Winnipeg Regional Health Authority	BC Womens

Community Trainings

Community Education Workshops

5 Partner Sessions	47 participants
2 Community Trainings	23 participants
1 Multicultural Outreach Training	10 participants
1 Volunteer Training	6 participants

Community Outreach Sessions

Includes conferences, media, community events

Amazing. A support group was exactly what I needed.

- Group Member, 2017

Just knowing that there was someone who wouldn't judge me gave me immense hope.

- Group Member, 2018

[The group] was more beneficial than any counselling sessions could be.

- Group Member, 2017

I felt supported, respected, and encouraged.

- Group Member, 2018

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Our Volunteers

Telephone Support and Parent mentor group volunteers:

Kirsty Lewis, Heather Naus, Miranda Kelly, Melanie Simmons, Diane Atkinson, Ann Alexander, Jenny Puterman, Lynsey Dobbie, Anna Chambers, Rochelle Lockhart, Lindy Le.

Multicultural Support volunteers:

Iris Fung, Mariko Miyazaki, Hend Ayaad, Kina Jeong.

Volunteer childminder (par excellence) Michaela O'Connor.

Administration Volunteers: Zoe Le Good, Dan Feeny, Pam Couch.

Thank you to the team of the We Are In This Together project- an event and social media campaign to build awareness and give back – a co-project with PPPSS and Eran Sudds of The Good Mother Project. This project started in June of 2017 and has carried on throughout the year.

Thanks to:

Eran Sudds, Andrea Paterson, Stephanie Segal, Hailey Babins, Corinne Gerber, Melody Hutchinson, Zoe Hutchinson, Caitlin Quinn, Setareh Bateni (One Thing Designs), Hoda Negin (Mama Renew), Leah Burns, Michelle Peltier, the team from Blanche Macdonald, the team from John Casablanca plus make-up artists Alice Ding, Dee Guang and Vanessa Lu. A special thanks to all the people who showed up to share their messages of hope and love.

Alumni Self-care group: Leah Burns, Corinne Gerber

Practicum Student from University of Victoria School of Social Work, Jamie Agtarap.

Thank you for Your Support!

We acknowledge the financial support of:

the Province of British Columbia

Vancouver Coastal Health – Vancouver

Vancouver Coastal Health – Richmond

Fraser Health

City of Vancouver

City of North Vancouver

District of North Vancouver

City of Surrey

Coquitlam Foundation

City of Port Moody

Burnaby Early Childhood Development

Hamber Foundation

First West Foundation

West Vancouver Community Foundation

Shoppers Drug Mart Foundation

Options Community Foundation

North Shore Community Resources

Mark Hardy

Federal Express Canada

Aimee Siebenga

Ruth Makaroff

Haldane & Duffy Family

Setareh Bateni

Cloverdale Public Health Unit

10th Avenue Alliance Church

John Braithwaite Community Centre

Garratt Wellness Centre

Langley Early Years

Douglas Park Recreation Centre

Richmond Public Health

Tri-Cities East Neighbourhood Centre

Robert Lee YMCA, Vancouver

Brentwood Community Resource Centre

Pacific Post Partum Support Society

Special Thanks to our Angel Donors



In May 2018, our fifth annual dinner was held at Shaughnessy Golf Club hosted by Mike & BG Burdick. We had an amazing celebration with 95 guests. Dr. Nicole Fairbrother was our key note speaker this year, Leah and Aaron Burns shared their experience and recovery dealing with postpartum depression and Dr. Kim Chen shared his story and tribute to his late wife Florence Leung who passed away as a result of PPD/A 2 years ago this October. Stand Up for Mental Health provided great entertainment with three stand-up comedians. We want to especially thank Catherine Chow, Vice President Legal + General Counsel from The Keg Steakhouse & Bar for her efforts in organizing this fundraiser, and Aimee Clare for her event planning. We are so grateful for the generosity of the Angel Donors who gave from their hearts and helped us with our fundraising goal. The event brought many new members and donors to our Society and we wish to thank the staff and volunteers who helped make it a success.

Our Angel Donors 2018

Alex Kleschelsky
 Andrea Kennedy
 Angelina Gordon
 Barb Stackhouse
 Bethan Stewart
 Beverley Anderson
 Bob Chapman
 Robert L Conconi Foundation
 Catherine Chow
 Catherine Newell

Christina Debruyne
 Clear HR Consulting
 Nicola Family Foundation
 NWM Private Giving Foundation
 Cornel Dukowski
 Cristina Aydin
 David Aisenstat / Herbert Jackson
 David Berson
 Deirdre Ryan
 Elizabeth Stockman
 Emma Lee
 Erika Finlay
 Erin Arnold
 Erin Smith
 Erin Wyder
 Fenton Davis
 George Killy
 Glenn Plotkin
 Haley & Jim Crooks
 Heather Campbell
 Ilona Lo
 Jack Ong
 Jacqueline Hui
 Jacquie Harvey

Jenna Kuchinsky
 Jessica Campbell
 Joanne Denny
 Joanne Solmundson
 Judy Kelly
 Dancing Star Birth/Judy McLaren
 Karen Rivera
 Kate Thomas-Peter
 Katherine Reinhardt
 Kinga Hay
 Linda King
 Lizzy Ambler
 Lorne Folick
 Lynn Buhler
 Michael Burdick
 Michelle Steer
 Mike Brown
 Murray Neilson
 Segal Foundation
 Nicole Tsang
 Paul Duffy
 Progressive Sealing
 Quentin Adrian
 Sam Feldman

Sheryl Davis-Kahn
 Shona McGlashan
 Tannis Weber
 Terri Kipnis
 Ting Lin
 Tom Spencer
 Valerie Munroe
 Vimmy Dhillon
 Vincent Fung
 Yvonne Hughesman



BG & MIKE BURDICK, CO-FOUNDERS



AIMEE CLARE, EVENT MANAGER AND
 CATHERINE CHOW, CO-FOUNDER

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How You Can Help

DONATE

Our programs are funded by government contracts, community and foundation grants and individual donors. In the light of limited government/grant funding and an ever increasing demand for our services, your support is needed now more than ever.

How to make a donation:

- **Phone Our Business Line** at 604-255-7955 to discuss your donation
- **Mail your donation to:**
Pacific Post Partum Support Society
200 - 7342 Winston Street Burnaby, BC V5A 2H1
- **Make an online donation** through [CanadaHelps](#) or [Chimp.net](#)

VOLUNTEER

Without our volunteers we couldn't do the fine work we do at the Pacific Post Partum Support Society.

We are always looking for volunteer support in various capacities including social media, fundraising, research, office support and more. If you could offer your time to our Society, we would be happy to connect with you. Please contact our Volunteer Coordinator at volunteer@postpartum.org

PROVIDE LETTERS OF SUPPORT

One of the greatest gifts you can give our Society is your story. If you feel that we've made a difference in your pregnancy or postpartum experience, we welcome your words! Please consider writing a letter of Support for our Society to use with our applications for funding through grants and government contracts. Your name will not be used unless you indicate to us otherwise.

BECOME A MEMBER

We invite you to become a Member of our Society. We strive to be the leader in the delivery of postpartum support across British Columbia. Your membership can help us reach our goal.

Membership benefits include:

- Networking opportunities with other women, mothers and members
- Opportunity to connect with our amazing Staff and Board Members
- Updates on the developments at the Society
- Participation in our Committees
- Invitation to attend and vote at our Annual General Meeting

JOIN OUR BOARD OF DIRECTORS

Pacific Post Partum Support Society currently has a volunteer Board of Directors that meets on a bi-monthly basis and actively participates in the governance of the organization. Our Board Members are people who have a keen interest in the issues of postpartum adjustment, motherhood and family. Some of the Board Members are women who have experienced postpartum challenges themselves. We draw great strength and inspiration from our Board and work closely with them to achieve our mission.

BE ACTIVE ON OUR FUNDRAISING COMMITTEE

Our Fundraising Committee has been established to make sure we work as a team to raise funds for our programs. Members include Board Members, Volunteers and Staff. The FR Committee meets periodically to discuss fundraising possibilities, set targets and reviews them. By becoming a part of our Fundraising Committee, you would be contributing to our fundraising skills and capability and would help us further our mission to support mothers and families experiencing postpartum depression and anxiety.

If you are interested in any of these opportunities, please contact us by phone (604-255-7955) or via email at admin@postpartum.org.

Pacific Post Partum Support Society

200 – 7342 Winston St.
Burnaby, BC V5A 2H1
Canada

(604) 255-7999 *support line*
(855) 255-7999 *toll-free support line*

(604) 255-7955 *administrative line*
(604) 255-7588 *fax line*

www.postpartum.org

Facebook: *Pacific Post Partum Support Society*
Twitter: *PostPartumBC*
Instagram: *PostPartumBC*

BN Charity # 10781 0632 RR0001

2017-18 Board of Directors

Erin Arnold	BOARD CHAIR
Houston Mo	BOARD TREASURER
Katherine Reinhardt	BOARD SECRETARY
Ruth Makaroff	DIRECTOR, PAST TREASURER
Mary Gillis	DIRECTOR
Barb Stackhouse	DIRECTOR
Joyce O'Mahony	DIRECTOR
Cathy Tremblay	DIRECTOR
Kate Thomas-Peter	DIRECTOR

Staff

Sheila Duffy	DIRECTOR
Georgie Hutchinson	COUNSELLOR, OUTREACH & VOLUNTEER COORDINATOR
Linda King	COUNSELLOR & PROGRAM COORDINATOR
Kerry O'Donohue	COUNSELLOR & PROGRAM COORDINATOR
Emma Lee	COUNSELLOR & GROUP FACILITATOR
Shealagh Davis	COUNSELLOR & GROUP FACILITATOR
Rita Shergill	COUNSELLOR & GROUP FACILITATOR
Kelly Kuerbig	COUNSELLOR & GROUP FACILITATOR
Anna Chambers	COUNSELLOR & GROUP FACILITATOR
Clare Zeschky	COUNSELLOR & GROUP FACILITATOR
Kirsty Lewis	COUNSELLOR & GROUP FACILITATOR
Leah Burns	COUNSELLOR & GROUP FACILITATOR
Christina Debruyn	ACCOUNTANT
Stace Dayment	MANAGER OF ADMINISTRATION

Childminders

Caitlin Quinn	Salena Wong
Deborah Scanlon	Wendy Mok
Fatma Elkaliny	Linda Higham
Amy Hammoud	Chloe Macdonald-Chow
Kalala Butcher	Huma Malik
Hope Crawley	Yendi Medrano
Rukhsana Malik	Tammy Music
Samireh Fathi	Anne Reham Cojuangco
Melody Hutchinson	Tanya Hole
Devon Davis	

*Robert Lee YMCA and Brentwood Community Resource Centre
Staff & Volunteer childminders*

*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.*