

Pacific Post Partum Support Society

April 2018– March 2019 Annual Report

June 12, 2019

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Pacific Post Partum Support Society 2018–19 Annual Report

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

I wish to extend my sincere gratitude towards Houston Mo whom has been our Treasurer and assisted so much over the past five years. He will be truly missed by PPPSS.

It is always a pleasure to work alongside staff, board and volunteers committed to the society. It has been an impressive year with tremendous donors and community partners stepping up to make a profound difference. I look forward to all that lays ahead for the next year for PPPSS.

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.” - Margaret Mead



This support group changed the way I viewed life. It saved my life. I am so thankful that I called to talk to somebody who actually understood me.

- Group Member, 2018

Barb Stackhouse
is the
recipient of
our 2019
Dr. Shauna
Little Award



The phone and the group were beyond all expectations and I am forever grateful. You have my ongoing support.

- Group Member, 2018

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A Message from **Sheila Duffy**, Director

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.

We handled over 13,000 contacts for our services (5,572 calls and 7,684 emails). We served 217 moms in our nine support groups and reached out to 1,041 parents at mom and baby talks in the Lower Mainland. We ran an 8-week online training with participants across B.C. and Canada attending, and ten community workshops in the Lower Mainland, as well as numerous outreach activities across the region.

We facilitated nine area support groups, and offered a Mandarin-speaking support group in Richmond. We were able to do more partner and couple sessions, from five to eight sessions this past fiscal year, reaching 52 new dads.

We are so excited to have started up our texting program this past February and recently have received funds to expand this service.

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 supporting staff. Special thanks to Erin Arnold and to our Angel Donor fundraising team. This year we have also had many new volunteers doing support calls, helping out at events and

holding independent fundraisers donating proceeds from their projects to PPPSS.

Special thanks this year to Erin and Kathy Wyder of Secret Garden Tea Company for hosting a beautiful fundraiser at their restaurant this past November. This was a great example of the village in action.

This year we said good-bye to Linda King who, after 27 years, retired at the end of the December 2018. (However, she is also been seen around the office since then doing relief work, as no one ever really leaves PPPSS.) We said goodbye to Kirsty Lewis who is completing her masters in counselling (she may be back!). We would like to welcome Emily Garner to our team this past year, she is now doing two of our Vancouver groups and is a great fit and 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.

Text Message Support:

We now provide individual support via two-way text messaging and live online text and voice chat as part of our telephone support program. Offering this additional mode of support serves even more parents than our telephone support alone.

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. **2018–19 locations included North Vancouver, East Vancouver, Downtown Vancouver, Langley, Richmond, Port Coquitlam, New Westminster and Burnaby.**

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 those suffering from PPD/A to get information and support. We also offer couples sessions for those interested in reinforcing their communication and 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 throughout the province and Canada. 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 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	1,894
Richmond	182
North Vancouver	240
West Vancouver	36
Whistler & Squamish	62
Other VCH areas	88
VCH Total	2,502

Interior Health Authority

Kamloops	28
Kelowna	76
Nelson	14
Armstrong	9
Vernon	10
Other IHA areas	19
Interior Total	156

Northern Health

Prince George	47
Prince Rupert	11
Quesnel	8
Other North	11
Northern Total	77

Total support calls

2017-18:
5,572

Total contacts including e-mail:
13,289

Expected births in British Columbia 2018:
46,000

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

Over 7,600 mothers and their families in British Columbia need our help *annually*.

Fraser Health Authority

Burnaby	648
PoCo/Coquitlam	261
New Westminster	188
Surrey	455
Abbotsford	115
Maple Ridge	105
Langley	146
Fraser Valley	363
FHA Total	2,281

Vancouver Island

Nanaimo	92
Port Hardy	13
Hornby Island	9
Victoria	71
Other Island	18
Island Total	203

Other Canada

Alberta	54
Yukon Territories	61
Ontario	24
Other Canada	4
Total	143
Other/Anonymous	145
USA Total	65

I really felt like the staff cared for me, which made me feel less alone

- Group Member, 2018

I 100% feel that PPPSS is what helped my recovery for PPA/PPD. I don't know where I would be if I hadn't found this place.

- Group Member, 2018

PPPSS was the #1 factor in my recovery. All the pieces were important, but more than my doctor and counsellor was my facilitator and group of moms at PPPSS. Please keep up the amazing work you do!"

- Group Member, 2018

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Program Statistics April 2018– March 2019

Weekly Support Groups

North Vancouver	27
Port Coquitlam	18
Richmond	21
Vancouver Eastside	25
Vancouver Eastside 2	26
Vancouver YMCA	21
Cloverdale/Langley	24
Burnaby	34
Burnaby/New West	21

www.postpartum.org

Website Statistics April 2018 – March 2019

Site Visits	118,802
Mobile visitors	89,481

Top Website Referrers:

Facebook	HereToHelp.bc.ca
Provincial Health Services Authority	Fraser Health
Postpartum Support International	Vancouver Coastal Health
Winnipeg Regional Health Authority	BC Women's

Total women enrolled in support groups: 217

Total children attended while women received support in groups: 197

Mom & Baby Talks

Total Mom & Baby Talks	88	
VCH Talks	61	74%
VCH Attendees	766	
FHA Talks	27	26%
FHA Attendees	275	
Total Attendees	1,041	

Community Trainings

Community Education Workshops

5 Partner Sessions	33 participants
3 Couples Sessions	38 participants
10 Community Trainings	145 participants
3 Multicultural Outreach Trainings	10 participants
4 Volunteer Trainings	16 participants

Community Outreach Sessions

Included seven radio interviews, conferences, community events, focus groups and working groups

I'm very grateful for all the support I received from the PPPSS team.

- Group Member, 2018

I wish I had known about the Society when I had my other two kids! It's great to know you have somewhere to call.

- Group Member, 2018

Thank you to everyone at PPPSS. You saved my life.

- Group Member, 2018

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Our Volunteers

Telephone and Parent Mentor group volunteers: Emily Garner, Heather Allyn, Miranda Kelly, Lindy Lee, Melanie Simmons, Diane Atkinson, Maria Mackey, Ciera Shaw, Lorena Ayrad, Celina Vergel de Dios, Anna Saurette, Lynne Thompson, Christine Ou, Jenny Puterman, Linda King, Sanna Rabago, Cathi Wetsch, Sarah Elder, Anna Chambers.

Multicultural Support Volunteers: Iris Fund, Mariko Miyazaki, Hend Ayad, and Kina Jeong.

Volunteer childminder: Michaella O'Connor

Administration Volunteers: Dan Feeny, Diana Hanson

August Picnic Volunteers: Erin Arnold, Diana Hanson, Kegan Frith, Zoja Misic, Ever Dayment.

Thanks again to the Secret Garden Tea Company and their staff and our amazing volunteers: Ann Alexander, Andrea Paterson, Chiari Coffari, Diana Hanson, Chloe Haldane, Diane Atkinson

Thank you again to Erin Sudds for her inspiration and hard work in co-creating the 2017 We Are In This Together project. The impact of the project we started in 2017 including the two self-care events in June and November lasted well into 2018 with the posting of the powerful images on social media of so many who generously showed up with their messages of hope.

A big thank you to Andrea Paterson who has been the driving force for a number of years as the editor of our blog. Andrea has offered her gift of creativity and love to families through her writing and editing. We will sorely miss her and look forward to future collaborations.

Practicum students:

University of Victoria School of Nursing: Chiari Coffari

Douglas College Psychology Honours program: Reshina Schimann

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 Richmond
Coquitlam Foundation
Burnaby Early Childhood Development
The Hamber Foundation
Shoppers Drug Mart Foundation
Surrey Cares Foundation
Erin Arnold
Irene Zainali
Kathleen Wyder
Nick Alexander
Pacific Blue Cross Health Foundation
Ruth Makaroff
Secret Garden Teahouse
Haldane & Duffy Family
10th Avenue Alliance Church
John Braithwaite Community Centre
Garratt Wellness Centre
Langley Early Years
Douglas Recreation Centre
Richmond Public Health
Tri-Cities East Neighbourhood Centre
Robert Lee YMCA, Vancouver
Brentwood Community Resource Centre
YMCA Burnaby
Haven Midwifery

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

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 telephone/text 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

2018-19 Board of Directors

Erin Arnold	BOARD CHAIR
Houston Mo	BOARD TREASURER
Katherine Reinhardt	BOARD SECRETARY
Ruth Makaroff	DIRECTOR, PAST TREASURER
Mary Gillis	DIRECTOR
Ann Alexander	DIRECTOR
Joyce O'Mahony	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
Andrea Paterson	SELF-CARE GROUP FACILITATOR
Anna Chambers	COUNSELLOR & GROUP FACILITATOR
Clare Zeschky	COUNSELLOR & GROUP FACILITATOR
Emily Garner	COUNSELLOR & GROUP FACILITATOR
Emma Lee	COUNSELLOR & GROUP FACILITATOR
Kelly Kuerbig	RELIEF STAFF
Kirsty Lewis	RELIEF STAFF
Leah Burns	COUNSELLOR & GROUP FACILITATOR
Rita Shergill	COUNSELLOR & GROUP FACILITATOR
Shealagh Davis	COUNSELLOR & GROUP FACILITATOR
Christina Debruyn	ACCOUNTANT
Stace Dayment	MANAGER OF ADMINISTRATION

Childminders

Reham Cojuangco	Melody Hutchinson
Caitlin Quinn	Rukhsana Malik
Deborah Scanlon	Salena Wong
Huma Malik	Stacy Bellsmith
Amy Hammoud	Tanya Hole
Kalala Butcher	Tasneem Ghadyali
Linda Higham	Wendy Mok
Hope Crawley	

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.