Erin Reilly Mascaro and Lisa Reilly, Co-Founders photo credit: Carol Lane

Sounds of Silence
FRIENDS OF THE POSTPARTUM RESOURCE CENTER OF NEW YORK

Erin Reilly, Race Director and Co-Founder of the Sounds of Silence, Friends of the Postpartum Resource Center of New York's 4th Annual 5k run/walk at Jones Beach State Park on May 21, 2011 explains "Watching my inspiration, my sister suffer from pregnancy and postpartum depression changed my vision in the importance to be dedicated to breaking the silence for mothers and families everywhere. The Postpartum Resource Center of New York was a vital reason my sister got better. My sister and I made a pact to raise awareness and funds so the Postpartum Resource Center of New York services will be available for everyone in need." To join in support or register for the event go to www.soundsofsilenceny.org

The Postpartum Resource Center of New York, Inc. is a non profit 501(c)(3) organization providing education, emotional support and healthcare and support group resources including the Perinatal Mood Disorders Prevention Program to New York State women and families at risk for or experiencing a perinatal mood disorder. Statewide Helpline toll free in English/Spanish (855) 631-0001 or (631) 422-2255 (Hablamos Español). www.postpartumNY.org with Statewide Perinatal Mood Disorders Resource Directory.