

11TH ANNUAL SOUNDS OF SILENCE 5K/10K RUN

RUN, WALK, STROLLER-WALK WITH KID'S FUN RUN

FOR PREGNANCY AND POSTPARTUM DEPRESSION/ANXIETY AWARENESS

In Memory and Celebration of Lisa Mary Reilly



I would like to share our story with you.

My sister Lisa Mary suffered from pregnancy and postpartum depression during and after the birth of my niece. During her struggle with this illness, I saw first hand the deep emotional pain and suffering that postpartum depression causes moms and their loved ones. I also witnessed the terrible stigma this illness brings upon moms and the suffering in silence they feel forced to endure.

It was an experience that I didn't want other moms, dads and families to go through.

So, I decided that I would make a pact – a pact with my sister and my niece too. A promise to *break the silence* of postpartum depression, celebrate our courageous mothers and fathers, and build sounds of hope for all those families who may be suffering.

That's how the **Sounds of Silence, Friends of the Postpartum Resource Center of New York** was born.

For eight years we all worked together toward this goal with the **Annual Sounds of Silence 5k/10k Run** (walk, stroller-walk with kid's fun run) as our signature event – raising money for the *Postpartum Resource Center of New York* (PRCNY) so that it could better serve New York State's moms, dads, and families. We made progress – the event grew – then tragically, Lisa Mary succumbed to depression in 2014. As you can imagine, we were all heartbroken by the crushing loss of someone so loved and cherished.

Yet, we were determined to go on. Lisa Mary was my role model, my inspiration and to honor her memory, I vowed to continue **Breaking the Silence** and celebrate her each and every day.

Now to ensure our younger generations and their families are educated on mental health and the resources available for those in need, we are excited to announce our **Take Care of You Initiative**. This initiative increases the conversation of mental health awareness and empowerment.

Now you can be part of this important cause.

Join us on May 11, 2019 at Jones Beach State Park as we celebrate the **11th Annual Sounds of Silence 5k/10k Run** (walk, stroller-walk with kid's fun run). **Become a Participating School and involve your students in this important event at Jones Beach or at your school.**

A special focus of this event is also supporting the **Lisa Mary Reilly Visioning Educational Series**, which is part of **Project 62™** – *Building and Strengthening Perinatal Mental Wellness Parent Support Networks and Safety Nets in all Sixty-two New York State counties.*

The Sounds of Silence, Friends of the Postpartum Resource Center of New York is a fundraising committee of the PRCNY. All proceeds contributed support the essential programs and services of the Postpartum Resource Center of New York, Inc., a 501(c)(3) IRS recognized non-profit organization. Tax ID# 11-3449880.

Please contact me at: erin@soundsofsilenceny.org or Event Co-Chair, Trish Beaumont, at: trish@soundsofsilenceny.org. You may also call 631-422-2255 for further details.

Sincerely yours,

Erin Mascaro
Event Co-Chairperson/Race Director | soundsofsilenceny.org

Lisa Mary Reilly with her daughter