

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



THIS IS OUR STORY AND WHY WE NEED YOUR HELP.

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 Sounds of Silence Run/Walk/Stroller-Walk 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 sadly, Lisa Mary passed away 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.

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 to raise funds that benefit the moms, dads, and families in your community. A special focus of this event is 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.

Sincerely yours,

Erin Mascaro
Event Co-Chairperson/Race Director

Trish Beaumont
Event Co-Chairperson

THANKS TO YOU OUR PROGRAMS, SERVICES, AND RESOURCES ARE PROVIDED FREE TO NEW YORK STATE MOMS, DADS, AND FAMILIES.

Postpartum Resource Center of New York, Inc.'s VISION

Project 62™ – Building and Strengthening Perinatal Mental Wellness Parent Support Networks and Safety Nets in all Sixty-two New York State Counties. Part of Project 62™ is the **Lisa Mary Reilly Visioning Educational Series**.

Postpartum Resource Center of New York, Inc.'s MISSION

Increasing awareness and access to care for New York State moms, dads, and their families at risk for or experiencing a perinatal mood and anxiety disorder (including postpartum depression) by:

- Increasing education, screening and treatment
- Providing support programs and services
- Training healthcare providers and consumers
- Building community partnerships

Postpartum Resource Center of New York, Inc.'s GOAL

Empowering parents and the community to improve the lives of families by addressing maternal mental health and parenting with psychiatric disabilities.

The Postpartum Resource Center of New York Provides:

Toll-free State-wide Helpline 855-631-0001 or 631-422-2255 (Hablamos Español) available Monday - Friday, 9am-5pm, with additional support from Postpartum Resource Center of New York's trained volunteer **Moms on Call and Family Support** from 9am-9pm.

Our website **postpartumny.org** provides 24/7 access to educational information in print, media coverage, suggested books, additional internet resources, events, and volunteer opportunities. **Postpartum Resource Center of New York's Perinatal Mood and Anxiety Disorders State-Wide Resource Directory** is available on-line.

The Postpartum Resource Center of New York's Training Institute offers workshops and trainings to meet your group's needs. Trainings include our **Circle of Caring Pregnancy and Postpartum Depression/Anxiety Support Group** and **Perinatal Mood and Anxiety Disorders: Building a Safety Net for Families and our Community** (including screening for perinatal depression).

Awareness Materials - Palm Cards, Posters and Brochures