

Postpartum Mamas Program

Postpartum Mamas INC

Non-Profit 501c3 Organization

Founded in 2019

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"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future."--Jeremiah 29:11

"How wonderful it is that nobody need wait a single moment before starting to improve the world."-- Anne Frank

"The best way to find yourself is to lose yourself in the service of others."
Mahatma Gandhi

"If we have no peace, it is because we have forgotten that we belong to each other."—Mother Theresa

Website: www.postpartummamas.com

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Mamas, The Struggle is Real & God's Grace is Greater

Postpartum Mamas Mission Statement

Founded in 2019, Postpartum Mamas (PPM) is a non-profit organization which provides free monthly support groups to mothers experiencing all struggles through motherhood including but not limited to depression, postpartum depression, anxiety, infertility, miscarriage, infant loss, pregnancy complications, parenting struggles, lack of family support, loneliness, isolation, or any of the other myriad challenges modern mothers face. PPM fosters growth of new friendships and lends ongoing social support to mothers at all stages in their journeys. PPM seeks to connect mothers through local monthly support groups, so that they may join in community with other mothers going through similar experiences. The nonjudgmental, empathetic, and—most importantly—confidential environment of PPM support groups helps mothers to feel heard, valued, and unconditionally supported. When we talk about our struggles in spaces that are loving, authentic, and real, we help to bring awareness to issues often hidden in fear of judgement or shame.

PPM offers faith and non-faith-based support groups to encourage and uplift mothers throughout their journeys, and to strengthen their positive coping mechanisms and healing practices. All mothers regardless of race, socioeconomic status, religious beliefs, or background will be welcomed and supported graciously. PPM serves all mothers of diverse faith backgrounds and treats all mothers with the upmost respect, value, and non-discrimination practices. All

mothers are diverse and have different faith systems and that is what makes us all unique. Talks of politics within PPM support groups is strictly discouraged. We welcome all mothers no matter what circumstances in their Postpartum journey, and no mother is excluded based on any circumstances. PPM greatly values diversity of all mothers' backgrounds and experiences. PPM has a place for all mothers who feel isolated or desire the support of other strong and talented women. Mothers give sacrificially, unconditionally, and selflessly, and they deserve a supportive community where they can grieve their difficulties and celebrate their blessings.

Mothers today need more support than social media and hectic playdates can provide. And in the chaos of motherhood, it can be hard to take the time to seek out authentic relationships. PPM provides a community of women who share the goal of deep connection, acceptance, and growth. Through PPM, mothers in all phases of life can confidentially express their innermost thoughts and feelings, no matter what those are. Creating, carrying, and nurturing life is the greatest gift given to us. Postpartum Mamas is so excited that you are here to contribute your own unique experiences and strengths to help other mothers remember that they, too, are unconditionally loved, valued, and have a great purpose here on earth. Postpartum Mamas encourages and values your feedback to continue growing in a positive environment and foster positive connections.

"A friend loves at all times."--Proverbs 17:17

Postpartum Mamas Guidelines and Rules

Postpartum Mamas serves as a monthly support group for all mothers experiencing any and all struggles through motherhood including but not limited to depression, postpartum depression, anxiety, infertility, miscarriage, infant loss, pregnancy complications, parenting struggles, domestic violence, lack of family support, loneliness, isolation, or any of the other myriad challenges modern mothers face. All mothers are welcomed and included no matter what they are experiencing, and no matter what their journey has encompassed. This program is a support group for ALL mothers who struggle with similar and diverse experiences as mothers. Our stories are different and diverse, but our struggles and perseverance through these struggles are very similar. The goal is to unify in a supportive environment and not feel ashamed to talk about the "deep things" in our lives that can so often not be spoken about with even best friends or close family members in fear of judgement or shame. Even for a simple desire to form authentic quality friendships based on trust, or to simply

release your thoughts or burdens from your week as a mother, Postpartum Mamas is here and serves a purpose for all mothers. Together, facilitators, co-facilitators, and members work to create a nonjudgmental, empathetic, and confidential environment that helps mothers to feel heard, valued, and unconditionally supported.

Facilitator Guidelines

Facilitators are instrumental in support group sessions. They distribute information to new members, host and lead meetings, and uphold the rules to which all members must adhere. They distribute our monthly Postpartum Mamas Curriculum handouts to all members to discuss as a group as well.

Each facilitator will volunteer to host **one or two ninety-minute meetings per month** at a location and time of their choosing. **Facilitators also have the option to host their support group online on Zoom virtually for their entire calendar year if desired. Support groups include thirteen mothers maximum including the facilitator and co-facilitator. We are pleased to offer membership with Postpartum Mamas to all mothers with a suggested \$59 annual registration donation, and we kindly ask that you make a one-year commitment to your group to better connect with each member. Facilitators receive free membership and \$49 “PPM Kits” to host their groups.** Facilitators are asked to follow the PPM Monthly Topic Calendar and the nine-month PPM curriculum and follow and discuss the related monthly questions from the question list provided to facilitate their support groups. They also have the “sample” PPM Support Group Video to reference from when needed. Facilitators may purchase any of the nine Healing Module Videos to assist with monthly guided healing tools to use inside, or outside of group as well. The monthly topics discussed in group relate to a PPM-appropriate topic such as depression, postpartum depression, anxiety, infertility, loss, grief, parenting skills, positive coping mechanisms, support systems, self-care, self-worth, support systems, community/social support, vocational/personal goals, faith & blessings, personal wellness and nutrition, mental health, and holistic healing methods that relate to enhancing a mothers personal journey.

Prior to hosting their first support group meeting, all facilitators will need to review the PPM Monthly Topic Calendar, the correlating nine-month PPM curriculum program, and the “sample” PPM Support Group Video in order to better understand the format, structure, and rules and guidelines of PPM support groups. There will also be nine Healing Module Videos available for optional purchase to help them use as video tools in their groups if desired.

All members will be required to complete, sign and submit the Enrollment Form, Non-Disclosure Form, and the Informed Consent Form on the PPM website before all members attend their first group. Upon completing these forms and enrolling in Postpartum Mamas, the Postpartum Mamas program will be emailed in PDF format to each member once a member enrolls in PPM. The packets of information include the Postpartum Mamas Mission Statement, Postpartum Mamas Guidelines and Rules, Postpartum Mamas Membership and Facility Enrollment Forms, Postpartum Mamas Monthly Topics Calendar, Frequently Asked Questions, Book Resource List, Informed Consent Form, and Non-Disclosure Form. If purchased, the PPM Curriculum and or Healing Module Videos or the PPM Kit will also be emailed to each member. Facilitators may also gather members for their new groups through social media and personal referrals. Meeting times and locations for individual support groups will be at the discretion of the host but should remain consistent and will be updated on the PPM website. Support groups will be made up of a maximum of thirteen members including the facilitator and co-facilitator.

The facilitator will begin each session by reminding members that everything stated within the confines of the support group is strictly confidential. She will then read the PPM Preamble as follows:

Postpartum Mamas Preamble

“Postpartum Mamas provides support groups for all mothers experiencing any and all struggles through motherhood including but not limited to depression, anxiety, miscarriages, grief, infant loss, domestic violence, parenting struggles, or who have blessings to share; solely to uplift, encourage, and unite in a confidential and safe environment.”

The facilitator will then introduce the monthly topic and related question and may also share a verse, inspirational quotation, or story if desired, speaking for ten to fifteen minutes. Sharing will continue in a circle as each mother who wishes to share has the chance to do so. Facilitators should ensure that each mother has the opportunity to speak without interruption, advice, or input. While one mother shares, the rest should practice active listening. Active listening requires that each person focus on listening only, reflecting, not interrupting, withholding from judgement, and then actively engaging at the eighty-minute mark at the end of session with any feedback or helpful resources. Active listening requires that engaging in resources is done after every mother is done speaking in the entire circle. We also ask that facilitators encourage other group members to think about what they want to share at the end of group to

other group members so that all members feel valued and supported in a positive and uplifting way. **If a mother wishes to share about her experiences or feelings unrelated to the topic or question or in addition to the topic/question, we encourage that as well. If a mother desires to speak about their burdens or feelings of their current week or anything else heavy on their hearts, instead of the question or topic, we encourage that as well.** We ask each facilitator ensures that there is a fair enough amount of time for everyone to speak and that the group starts and ends on time.

Any mother who does not wish to share that day may of course pass, or she may simply offer a brief description of her feelings that day. Mothers do not have to share if they do not wish to share; they can simply come to be an active listener. **Mothers who have anything else to share about their week that is heavy on their heart and does not relate to the topic or question may also share about this as well if desired. We are here to support you.** We ask time is respected for every mother so that every mother gets the chance to share equally.

The wonderful part of Postpartum Mamas is that there are authentic friendships formed. When there is a need for an extra listening ear during any particular difficult time, we will be here to support you and your journey. The format of the PPM support groups provides a basic foundation and structure for members to follow, however, the real advantages from the program are the underlying relationships, friendships, and trust that are developed as well as a strong support system when going through difficult times or crisis. We encourage members to form friendships outside of group as well where they can develop further support while maintaining healthy boundaries following the guidelines of confidentiality within and outside of PPM. The mission of Postpartum Mamas is to share our burdens in a safe place, so that we do not have to feel silenced or stigmatized by our feelings or experiences any longer. The hope is that by participating in this form of self-care in a community setting, each mother will recognize the value of using their voice and speaking about their own struggles and benefit through healing in each of our journeys by becoming stronger and healthier mothers together.

Any mother experiencing domestic violence we strongly encourage to open up in group about their struggles as Postpartum Mamas is a safe space to speak about these struggles. You may also call the Domestic Violence Hotline at 1-800-799-7233 for additional safety resources.

Once every member has finished speaking, the facilitator will end the group session with any positive resources, verse, or prayer. Facilitators should reserve

the last ten minutes of the session for members to discuss and share helpful resources if they so choose. Examples of positive resources are any healing related resources including a bible verse, prayer, recommended books from PPM Book Resource List, helpful resources from PPM Vocational Resource List, referrals to people in the community that can assist with health/wellness, selfcare, social support, mommy & me class, referrals to counselors or doctors having an expertise in the topic spoken about, a painting class, an exercise class, a parenting class, meditation/yoga, healing referrals, women retreats, bible studies, helpful books or materials, etc. We ask that all resources that are shared are positive and helpful. If members are not interested in a shared resource, that should be respected. **The session ends at the eighty-minute mark (last 10 minute of group)** if any members wish to contribute or receive resources or support group during the support/resource time. Any members that wish to leave and do not have any resources to give or receive during the ten-minute resource time at the end of the session, are welcome to do so and that should be respected. We do ask that meetings take place in the evenings, as this seems to be the easiest time for most mothers to arrange childcare. We ask that facilitators keep the day and week of the month consistent (for example, the first Thursday of every month). **Meetings will NOT take place in December, July, or August.** We ask that facilitators begin and end group on time, regardless if any member is late to group.

There will also be required Facilitator trainings virtually on zoom three times during the year for facilitators and co-facilitators which will be held every September, January, and May for the duration of one hour at at the discretion of each facilitator and facility. These meetings will be grouped by each state for facilitators and each facility for facilities. Simply go to the Postpartum Mamas website and find all facilitators in your state that host a PPM group. Connect with them through a group text or group email and decide who will be creating the yearly zoom links and a day and time during that month that works for all facilitators. Any concerns may be discussed in group and must be kept confidential. If there are any serious life-threatening issues, we require you to advise and report to Postpartum Mamas.

Facilitator Rules

Facilitators will maintain strict confidentiality at all times. Confidentiality forms the basis of PPM and any facilitator who breaches confidentiality will be removed immediately and permanently from PPM.

Facilitators will practice respect and non-discrimination of all members. If any discrimination occurs, the offending facilitator will be permanently removed from PPM. All mothers regardless of race, socioeconomic status, religious beliefs, or background will be welcomed and supported graciously. Most members are coming to support group meetings with various struggles and diverse experiences. They are coming to feel strengthened and supported, not to be further stigmatized, judged, or put down in any way. Feelings are neither right nor wrong, good or bad. All feelings are okay and that should be recognized and respected, without judgment. Feelings can be released when they are heard with compassion, empathy, and respect. This is what unconditional presence means.

Facilitators will practice active listening during support group sessions, without giving advice. Members are all here to speak about their own journeys, self-reflect, and find the answers within themselves or through their faith. Group sessions are to be used for the sole purpose of speaking about our own personal experiences as mothers and listening actively to the experiences of others.

We ask that all members respect that when speaking, members, facilitators and cofacilitators do not speak negatively about friendships, spouses, or any other relationships. We remind all members that this support group is to speak about and reflect on our own personal journeys only. We strictly ask that members refrain from speaking negatively about anyone else which includes their spouses and friendships and maintain healthy boundaries when speaking about relationships with others. For example, if any members are going through a current crisis or struggle in a relationship, stating that there is a struggle and requesting for prayer or encouragement is appropriate. We are here only to encourage each other in all of our relationships in a positive way, including speaking about relationships with our spouses. Postpartum Mamas is not a space to entertain gossiping or speaking negatively about anyone else.

Facilitators will aid members in resolving any conflicts that might arise. Conflicts should be addressed respectfully and confidentially outside of the group setting, out of compassion and respect for all members.

Talk of politics is strictly discouraged. Facilitators should ensure all political discussion is left out of the group.

Facilitators will confine support group sessions to ninety minutes. All group sessions must fall within this time limit. Resources and support will begin

at the eighty-minute mark and any member with no resources to give or receive may leave at this time.

Facilitators will be required to submit the Enrollment, Informed Consent Form, and Non-Disclosure Form online prior to facilitating groups with Postpartum Mamas.

Facilitators will set their meeting schedules a full year in advance and decide if they will be meeting in person or virtually and set up their calendar for the year to be posted on the PPM website. Meetings will occur every month **EXCEPT for December, July, and August**. Facilitators will advise the Postpartum Mamas of their meeting schedule so that it can be updated on the PPM website. **We ask that facilitators and co-facilitators commit to at least a one-year commitment to Postpartum Mamas to ensure stability and consistency for all members.**

If facilitators request to cancel memberships, PPM asks that facilitators notify PPM at least **two months in advance** to cancel membership so that PPM has appropriate time to find another facilitator to take over their group. We request that the facilitator ask their group cofacilitator if they are able to take over their role as well as notify Postpartum Mamas of any changes. When signing up to be a facilitator PPM requires that facilitators commit to at least one year to lead their group and sign the appropriate PPM informed consent form. Leading for all following years is at the discretion at the facilitator. Once life-time PPM curriculum is purchased, facilitators are life-time members regardless if do not host one year or come back the following year to host their support group. If cancelling membership, **we ask that any prior information disclosed in group by other group members remain confidential.**

Anyone experiencing suicidal thoughts should contact 911 or call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). Postpartum Mamas is not trained to offer mental health assistance or counseling services. PPM is a support group only. If anyone discloses intentions or desires to harm themselves, their children, or others, PPM is legally obligated to contact authorities for the safety of all involved. Anyone experiencing severe cases of postpartum depression we advise calling emergency services and anyone needing assistance with postpartum depression we advise calling a local psychiatrist, a counselor, and the Postpartum International hotline at 1-800-944-4773 or text 503-894-9453.

Any mother experiencing domestic violence we strongly encourage to open up in group about their struggles as Postpartum Mamas is a safe space to speak about these struggles. You may also call the Domestic Violence Hotline at 1-800-799-7233 for additional safety resources.

Co-Facilitator Guidelines

Co-facilitators fill an important role as they provide support to facilitators and also act as members in support groups. Co-facilitators will stand in for facilitators in case of a facilitator's required absence. When acting as facilitators, they will follow the same guidelines detailed in the "Facilitator Guidelines" section, being sure to prepare a monthly topic or question for the group ahead of time.

Co-Facilitator Rules

When acting as facilitators, co-facilitators will follow the rules detailed in the "Facilitator Rules" section.

At all other times, co-facilitators will follow the rules detailed in the "Member Rules" section.

Member Guidelines

Members form the heart of PPM. Support group meetings rely on each and every member maintaining strict confidentiality and active listening to all peers. We are pleased to offer membership with Postpartum Mamas to all mothers, and we kindly ask that you make a one-year commitment to your group to better connect with each member. We offer an optional \$49 PPM Kit to purchase if you wish to follow along with at your support group.

Support groups include ten to thirteen mothers maximum including the facilitator and co-facilitator.

PPM support groups meet **once or twice a month** on a consistent day of the week and month (for example, the first Thursday of every month). **Members have the option to attend a support group in person or online on Zoom virtually depending upon how their local facilitator or facility has chosen to conduct their group. Meetings will NOT take place in December, July, or August. All ninety-minute meetings** will take place in the evenings, as this seems to be the easiest time for most mothers to arrange childcare. **Meetings will begin with a reminder that everything stated within the confines of the**

support group is strictly confidential. She will then read the PPM Preamble follows:

***Postpartum Mamas Preamble: ***

“Postpartum Mamas provides support groups for all mothers experiencing any and all struggles through motherhood including but not limited to depression, anxiety, miscarriage, infant loss, grief, domestic violence, parenting struggles, or who have blessings to share; solely to uplift, encourage, and unite in a confidential and safe environment.”

Next, the facilitator will speak for ten to fifteen minutes, introducing a monthly topic from the PPM Monthly Calendar, and relating questions as well as a verse, inspirational quotation, or story if desired. Sharing will continue in a circle as each member who wishes to share has the chance to do so. While one member shares, the rest should practice active listening. Active listening requires that each person focus on listening only, reflecting, not interrupting, withholding from judgement, and then actively engaging at the eighty-minute mark at the end of session with any feedback or helpful resources. Each member may speak for ten to fifteen minutes. Any mother who does not wish to share that day may of course pass, or she may simply offer a brief description of her feelings that day. Mothers do not have to share if they do not wish to share; they can simply come to be an active listener. **Mothers who have anything else to share about their week that is heavy on their heart and does not relate to the topic or question we encourage to share about this as well, if desired.** We just ask that time is respected so that every mother gets the chance to share equally.

The wonderful part of Postpartum Mamas is that there are authentic friendships formed. When there is a need for an extra listening ear during any particular difficult time, we will be here to support you and your journey. The format of the PPM support groups provides a basic foundation and structure for members to follow, however, the real advantages from the program are the underlying relationships, friendships, and trust that are developed as well as a strong support system when going through difficult times or crisis. We encourage members to form friendships outside of group as well where they can develop further support while maintaining healthy boundaries following the guidelines of confidentiality within and outside of PPM. The mission of Postpartum Mamas is to share our burdens in a safe place, so that we do not have to feel silenced or stigmatized by our feelings or experiences any longer. The hope is that by participating in this form of self-care in a community setting, each mother will recognize the value of using their voice and speaking

about their own struggles and benefit through healing in each of our journeys by becoming stronger and healthier mothers together.

At the end of the meeting, members may discuss and share helpful resources at the eighty-minute mark (last ten minutes of group) if they so choose. If some members wish to leave during this time and have no resources to give or receive, they are welcome to do so. Members may also share contact information with each other in order to share resources outside of the group setting.

We ask that all resources that are shared are positive and helpful. If members are not interested in a shared resource, that should be respected.

Member Rules

Postpartum Mamas support groups are **strictly confidential** groups, and nothing shared inside of the group is to be taken outside of the group or spoken about to anyone else. If a friendship is grown between two or more members of a group outside of the group, we encourage fostering those connections. However, nothing stated inside or outside of the group by a member that is not present with you should be spoken about between other members.

Support group meetings are only to be used to share about your own personal journey through motherhood, not anyone else's. If confidentiality is breached within or outside of PPM support groups by any member, that member will be immediately removed from PPM.

Members will practice respect and non-discrimination of all fellow members. If any disrespect or discrimination occurs, the offending member will be permanently removed from PPM. All mothers regardless of race, socioeconomic status, religious beliefs, or background will be welcomed and supported graciously. Most members are coming to support group meetings with various struggles and diverse experiences. They are coming to feel strengthened and supported, not to be further stigmatized, judged, or put down in any way. Feelings are neither right nor wrong, good or bad. All feelings are okay and that should be recognized and respected, without judgment. Feelings can be released when they are heard with compassion, empathy, and respect. This is what unconditional presence means.

All members should keep an open mind and a kind and compassionate heart.

All members will be required to complete, sign and submit the Enrollment Form, Non-Disclosure Form, and the Informed Consent Form on the PPM website prior to becoming a member with PPM.

Talk of politics is strictly discouraged. Please save all political discussions for another venue.

Members will practice active listening during support group sessions, without giving advice. Members are all here to speak about their own journeys, self-reflect, and find the answers within themselves or through their faith. Group sessions are to be used for the sole purpose of speaking about our own personal experiences as mothers and listening actively to the experiences of others.

Members will not engage in distracting off-topic conversations. If conversations are consistently distracting and off topic, the offending member will receive a warning by the facilitator of the group. After two warnings, the member will be removed from PPM.

We ask that all members respect that when speaking, members, facilitators and cofacilitators do not speak negatively about friendships, spouses, or any other relationships. We remind all members that this support group is to speak about and reflect on our own personal journeys only. We strictly ask that members refrain from speaking negatively about anyone else which includes their spouses and friendships and maintain healthy boundaries when speaking about relationships with others. For example, if any members are going through a current crisis or struggle in a relationship, stating that there is a struggle and requesting for prayer or encouragement is appropriate. We are here only to encourage each other in all of our relationships in a positive way, including speaking about relationships with our spouses. Postpartum Mamas is not a space to entertain gossiping or speaking negatively about anyone else.

Any member wishing to give or receive positive or helpful resources can contact other members at the end of the group during the support/resource time, during the last ten minutes of group. If any member is not interested in receiving such resources, they are free to leave group at the eighty -minute mark and we ask that you please respect their wishes. We ask this out of respect for all other members in the group and to help eliminate any potential conflict from different values or beliefs in the group. Group ends promptly at the ninety-minute mark and we ask that all members are respectful of others time. Group will begin and end on time, regardless if a group member is late.

PPM will not tolerate speaking negatively about anyone inside or outside of the group. PPM support groups are not a space to criticize, judge, or express conflicting parenting styles with the intention of putting down another mother.

Within PPM support groups, members will be discussing a broad range of potentially heavy adult topics. Therefore, we require that these groups include adults only. Breastfeeding babies under one year of age are welcome only if needed.

Members cancelling memberships we ask give us notice one month in advance beginning on the 1st of every month, so that PPM can cancel their memberships. **We ask that any prior information disclosed in group by other group members remain confidential.**

Anyone experiencing suicidal thoughts should contact 911 or call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). Postpartum Mamas is not trained to offer mental health assistance or counseling services. PPM is a support group only. If anyone discloses intentions or desires to harm themselves, their children, or others, PPM is legally obligated to contact authorities for the safety of all involved. Anyone experiencing severe cases of postpartum depression we advise calling emergency services and anyone needing assistance with postpartum depression we advise calling a local psychiatrist, a counselor, and the Postpartum International hotline at 1-800-944-4773 or text 503-894-9453.

Any mother experiencing domestic violence we strongly encourage to open up in group about their struggles as Postpartum Mamas is a safe space to speak about these struggles. You may also call the Domestic Violence Hotline at 1-800-799-7233 for additional safety resources.

Date:

Postpartum Mamas Membership Enrollment

All Members receive free Postpartum Mamas Membership with a suggested \$59 annual registration donation

Full Name:

Full Address:

Phone:

Email:

Facilitator Name/Group Name/City/State:

Please Circle:

Once a Month Group

or

Twice a Month Group:

or

Please Circle:

“Postpartum Mamas Kit” \$49 for members & facilitators

(includes PPM nine-month curriculum & nine PPM Healing Module Videos)

*Shirts with the logo "The Struggle is Real & God's Grace is Greater" will also be available to purchase for \$18 per shirt and \$7 for shipping per person or all members in February. The facility or facilitator will place orders by filling out the Shirt Order Form for your group online with a minimum of 6 orders per group to purchase.

50% of all donations are contributed towards our Mamas Mental Health Fund for the mothers we serve coping with mental health struggles. We greatly thank you for any donation you wish to contribute which can be given under donations on www.postpartummamas.com

PPM is not in session in July/August/December.

Facilitators: Receive FREE Postpartum Mamas membership as well.

Please Circle: Hosting In-Person or Virtual/Zoom

“Postpartum Mamas Kit”

“PPM Kits”/Curriculum & Healing Module Videos: The PPM optional nine-month Curriculum is available for a one-time fee of **\$49** for members & facilitators, to follow along with at your support group.

Any materials purchased will be emailed via PDF upon purchase.

50% of donation proceeds will be contributed towards providing tangible mental health resources for the mothers we serve, donated to our Postpartum Mamas Mental Health Fund. We thank you for any donations you wish to give.

How did you hear about PPM?

Referred by: First Name

Last Name:

Names and ages of your children:

Religion/faith practices:

Book Recommendations relating to PPM Topics for book resource list:

Interested in: Member Co-facilitator Facilitator (please circle)

Leadership Experience:

Date:

Postpartum Mamas Facility Enrollment Form

Facility Name:

Facility Full Address:

Facility Email:

Contact Person:

Facility Credit Card:

Exp:

CVV Code:

Billing Zip code:

(4% merchant processing fee) (Prefer payment via venmo @Postpartum Mamas)

Please Circle:

Once a month Meetings:

\$917 1 table/group of 13 mothers (includes \$150 curriculum fee for facilities)

(more than 3 groups each additional table is FREE)

50% of PPM proceeds & donations will be contributed towards providing tangible mental health resources for the mothers we serve, donated into our Postpartum Mamas Mental Health Fund. See Forms & Postpartum Mamas Mental Health Fund Application Form online for more details.

“Postpartum Mamas Kit” \$150

(includes PPM nine-month curriculum & PPM nine Healing Module Videos)

Also includes 9-month PPM designed group handouts for members and facilitators

*Shirts with the logo "The Struggle is Real & God's Grace is Greater" will also be available to purchase for \$18 per shirt plus shipping of \$7 per person for all members in February. The facility or facilitator will place orders by filling out the Shirt Order Form for your group online with a minimum of 6 orders per group to purchase

Please Circle: Facility **will** or **will not** provide childcare assistance.

Some facilities may choose to hold one meeting for multiple groups on the same day and time. This can be achieved by adding various tables and facilitators to one space.

Providing childcare assistance are at the discretion of each facility.

Date: Postpartum Mamas Shirt Order Form

Facility/Facilitator Shipping Address:

Quantity of Tank shirts:

Colors/Sizes:

Quantity of T-Shirts:

Colors/Sizes:

Credit Card for Each member or credit card of Facility/Facilitator of the group:

Month:

Exp:

Zipcode:

***Shirts with the logo "The Struggle is Real & God's Grace is Greater" will be available to purchase for \$18 per shirt plus \$7 shipping per person for all members in February.** Your facility or facilitator will fill out a Postpartum Mamas Shirt Order Form online under Forms in February. A minimum of **six** orders need to be made per group. **Shirt orders are submitted one time per year in February of each year between the 1st and 30th of the month depending on the date of your first support group.** We ask that you submit your orders in on the first group meeting in February by having your facilitator or facility submit the Shirt Form online in February. **You will receive your shirts the following month in March. Please allow a maximum of 30 days to receive your orders** as all groups will be ordering at different locations as well. There needs to be a minimum of six shirts ordered for each group. We ask that the facilitator fill out the Shirt Order Form online in February by the 30th of the month, and the form will get automatically sent to Postpartum Mamas. The easiest way to collect funds is to collect cash from the members and submit your credit card for the group order. There is also a second option to write all individuals credit card info down on the form. **Postpartum Mamas prefers the first option and thanks you in advance.** Please remind members at your January group that orders will be placed on the first support of February and to bring their cash if they would like to order a shirt. **Shirts are 18\$ plus \$7 shipping per person. Please send an email to postpartummamas@yahoo.com for any additional questions.**

"He fills my life with good things, so that I stay young and strong like an eagle."--
Psalm 103:5

Postpartum Mamas Membership:

Members and co-facilitators: Postpartum Mamas is pleased to offer free membership to all mothers, members, and facilitators. Suggested \$59 annual registration donation. We thank you kindly for any donations to our Non-Profit Organization. 50% of donations are distributed to our Mamas Mental Health Fund (Please see Mamas Mental Health Fund Application Form online for more information), (Please note that **NO meetings will be held in December, July, or August.**)

The PPM Curriculum or the nine PPM Healing Module Videos in PDF format, are available for a one-time fee of \$49 for the entire "Postpartum Mamas Kit."

Facilitators: Postpartum Mamas is pleased to offer membership to all mothers, members, and facilitators with a suggested \$59 annual registration donation. We thank you kindly for any donations donated to our Non-profit Organization. 50% of donations are distributed to our Mamas Mental Health Fund, (Please see Mamas Mental Health Fund Application Form under Forms online for more information.) **Our nine-month PPM Curriculum for the Calendar year to facilitate your PPM group and is REQUIRED to lead PPM support groups. The curriculum is provided in PDF format.** Facilitating each following year is at the discretion of the facilitator but the curriculum fee is charged one time only. **Our PPM Curriculum or the nine Healing Module Videos in PDF format, are available for a one-time fee of \$49 for the entire "Postpartum Mamas Kit."**

50% of PPM proceeds goes directly back to the PPM mothers we serve in our Postpartum Mamas Mental Health Fund. Our Mamas Mental Health Fund provides mental health resources for the mothers we serve in crisis or who are in need of extra assistance. Please see Mamas Mental Health Fund Application Form online for more information.

Facilities: Hospital/Churches: \$150 PPM Kit Fee (includes 9-month curriculum, 9 healing module videos, and 9-month PPM designed member and facilitator handouts for group.

Once a month Meetings: ANNUAL FEE Options: Please choose 1 option

\$767 1 table/group of 13 mothers \$1,534 2 tables/groups of 13 \$2,301 3 tables/groups of 13

Any additional tables needed above three tables is free of charge.

(Providing once a month support groups with various tables and facilitators per group at one scheduled day and time per month only.) Additional groups can be grown and added to new tables as members grow at additional cost for the first additional group. Any additional groups/tables added above three tables will be free. All members receive free membership. Breastfeeding babies are welcome at group up to age one. Childcare service arrangements are at the discretion of each facility.

The purpose of incorporating Postpartum Mamas Program into your facility will be to provide a once or twice a month support group which can grow over time, depending on the needs of the members with various tables and facilitators per group, at one scheduled day and time per month only. Facilitators and co-facilitators will attend yearly meetings and collaborate at the facilitator trainings, three times a year in September, January, and May, to discuss any important information within each group. We ask that the appropriate conflict-resolution skills are used, and confidentiality is maintained by all facilitators during trainings. **These Facilitator meetings will occur in September, January, and May for the duration of thirty minutes to one hour at a location, day and time chosen by the facility in person or via zoom.**

Membership Benefits

*Lifetime Enrollment in PPM Program which includes monthly community support as well as life-time access to the PPM private FB group to form an authentic community in a safe and non-judgmental space to express ourselves with other mothers who share struggles with the same experiences and to show compassion and understanding throughout our journeys. This a place to share about our weekly struggles, and to reach out for help when needed. Ex- in hospital, kids are sick, or giving birth, and need help from mamas with a meal prepared and brought via meal train. This can be organized within each group if desired. Mothers have access to these groups but by no means are required to participate in them on a weekly basis. This is simply available for those mothers who desire the support in this way in addition to the support group.

*Enrollment in PPM FB Messenger to receive daily, weekly and monthly emotional support and inspirations from all other PPM members/mothers.

*No yearly re-enrollment in Postpartum Mamas. One-time enrollment and you are a life-time member.

*Online zoom virtual support group option available for facilitators or facilities that wish to facilitate their support group on zoom.

*Virtual or in person facilitator meetings three times a year in September, January, and May.

*Once or twice a month support group options.

*Life-time exposure to PPM nine-month curriculum program with a discussion for each month's PPM topics including Grief/Loss/Anger, Mental Health Month/Depression and Postpartum Depression, Honoring the Lost Month/Infertility/Miscarriage and Infant Loss, Vocational Goals & Dreams, Self-Identity and Identity in Christ, Personal Wellness Month Nutrition and Healing/Self-Care, Blessings/Faith/Anxiety and Fear, Celebrating Motherhood Month/Positive Parenting Skills, and Support Systems/Unconditional Love Grace and Mercy in our Relationships. Exposure to additional mental health resources in our Postpartum Mamas nine Healing Module Videos on all PPM topics for added benefits of learning about and improving our Postpartum mental health. Access to PPM "sample" support group video which shows format, structure, and the rules and guidelines of a PPM support group.

*Members will be automatically added onto the PPM Vocational Resource List to spread awareness of the diverse and unique vocations members have as mothers, and to most importantly support, encourage and bless one another with our vocational dreams and goals within our communities.

*Inner healing and unconditional support from other mothers experiencing similar struggles and joys. The chance to develop these friendships outside of group maintaining healthy boundaries of confidentiality inside and outside of group.

*Resources of books, quotations, inspirations, verses, prepared resources, handouts, journal entries, and PPM curriculum to discuss at each support group for healing, reflection, and growth.

*Contact list of mothers in your group to contact if needed for support outside of group. We ask that the healthy boundaries of PPM confidentiality and PPM rules and guidelines are respected.

*Contributing to giving to a good cause to other non-profits which support advocating for issues relating to the struggles that mothers face in including but not limited to Postpartum depression and which provide immediate resources via phone within the area they live in, to get the immediate help they need for their mental wellness, as well as giving back to our community in need who need financial assistance during hard times.

*Contributing to the good cause of helping mothers heal and grow stronger through their own unique struggles through motherhood including but not limited to daily experiences through motherhood and parenting, depression, anxiety, child loss, infertility and miscarriage and postpartum related issues to gain emotional support within their Postpartum Mamas community.

*Helping to de-stigmatize Postpartum depression and associated related struggles with any correlating misperceptions and supporting and contributing to the vision of PPM with a goal of eventual expansion of PPM nationwide to make an everlasting difference in the lives of mothers who struggle with postpartum for generations to come.

*Helping to expand the community of PPM in order to have more opportunities to further give back to our community with future assistance to mother's educations & career goals, aspirations throughout motherhood, holistic healing and mental wellness assistance.

*Supporting the visions of the PPM support group program to be incorporated into hospitals and churches nationwide so that mothers everywhere struggling with Postpartum have immediate support in their area. Another future goal of PPM is to provide personal counselors contact information on the website at a discounted counseling rate so that members have access to mental wellness assistance within their areas.

*Give and receive helpful positive and healing resources within your community from other mothers. Being recognized on the PPM vocational resource list for our own vocations and supporting and sharing mothers strengths, talents, vocational talents, or recommendations during the resource/support time at the end of each session. Some examples of additional shared resources may include exercise classes, painting classes, self-care ideas, yoga/meditation classes, counseling/mental wellness resources, midwife/doula resources, book

recommendations, coaching, acupuncture, women's retreats, and the potential to provide and receive these recommendations to help improve their health/wellness and selfcare techniques.

***50% of PPM donations and proceeds** will be contributed towards **our Postpartum Mamas Mental Health Fund** in order to further support the mothers that we serve and to giving tangible Mental Health Resources for them when in need or in crisis. This will be an application process on our website approved by our Board of Directors per application. Please allow 1 to 2 weeks to process application and receive a response. Please know we will do our best to bless our mothers depending upon the current amount of funds Postpartum Mamas has and your particular Mental Health need. Please email this form to Postpartummamas@yahoo.com or you can also submit online on our website under Forms.

Our hopes are to provide all mental health assistance including but not limited to counseling appointments when needed, mental health and postpartum pregnancy doctors appointments, holistic doctors appointments not covered by insurance such as acupuncture and massage to reduce anxiety, midwife and doula appointments, babysitting/childcare assistance, cleaning assistance, meal trains and meal assistance, grocery assistance, self-care retreat assistance, fitness/health management assistance, bible retreats assistance, personal wellness assistance, educational/career assistance to pursue degrees or contribute towards schooling or vocational certificates, women/mother empowerment to achieve her dreams.

We are here and always will be here for all the mothers we serve and hopeful that the more donations we receive, the more we will be able to achieve these goals and the mission of Postpartum Mamas.

***Shirts with the logo "The Struggle is Real & God's Grace is Greater" will also be available to purchase for \$18 per shirt plus \$7 shipping per person for all members in February.**

Facilitators will complete a group purchase by filling out Shirt Order form with a minimum of six orders and shirts will be sent to each facility or facilitator to disperse to group members.

Mamas, please join us in this life-impacting journey through the recognition of Postpartum

Depression that mothers face every day and everywhere. Lets help contribute to the vision of expanding PPM nationwide so that positive changes can occur for those suffering with

Postpartum Depression. The more resources, support, recognition, and contribution in the

Postpartum community, the less we will have to suffer alone in silence. We will no longer accept to be silenced any longer. We will no longer accept to feel shame and feel stigmatized for the struggles we face, which are so real and which deserve recognition and positive community awareness. Together we will make life-impacting changes in the Postpartum community for generations to come.

Facilitator Benefits

In addition to the same benefits as members, facilitators will receive free monthly membership, a FREE “PPM Kit” to host their group, and the chance to engage and share their personal journey which will positively impact other mothers, practice their leadership skills, contribute towards positive changes and awareness in the Postpartum community, and an opportunity to give back to their communities. They will also gain necessary life-time knowledge of the PPM curriculum in order to gain more crucial awareness and understanding of the significant and similar postpartum experiences mothers face nationwide with a goal to unify mothers in all communities.

“A life lived for others, is the only life worth living.” —Albert Einstein

Postpartum Mamas Yearly Topics Calendar

September: Suicide Prevention Month:

Grief/Loss/Anger/Guilt/Pain/Overwhelm/

Loneliness/Persecution/From Ashes to a Ray of Hope/Freedom from Mental Bondage

Songs: Hill Song “I am Who You Say I Am,” Kari Jobe “I Am Not Alone,” Shawn McDonald “Rise,”

Pauline Wick “New Song,” Steven Malcolm “Even Louder,” Natalie Grant “My Weapon,” Linkin Park “One More Light,” Natalie Taylor “Surrender,” “Where’s My Love,” Rascal Flatts “What Hurts the Most,” Freya Ridings “Lost without You,” Liv Harland “Dancing in the Sky.”

September 10th: World Suicide Prevention Day

October: Mental Health Month: Depression and Postpartum Depression/ Out of the Shadows & Darkness/ Forever Redeemed, Hopeful, and Saved

Songs: Hillsong “Broken Vessels,” Hillsong “Even When it Hurts I’ll Praise You,” Bethel “Raise a Hallelujah,” Mercy Me “Even If,” For King and Country “God Only Knows,” Tauren Wells “Gods not Done with You,” “Hills and Valleys,” Natalie Grant “Praise You in this Storm,” Vertical Worship “Over and Over.”

***October 5th: National Depression Screening Day *October 10th Mental Health Day**

***October 15th: Pregnancy and Infant Loss Awareness Day (Nov Topic)**

November: Honoring the Lost Month: Infertility/Miscarriage/Infant Loss/Pregnancy Complications/God’s Glory, Mercy, & Divine Plan

Songs: Leeland “Good Mother,” Lauren Daigle “Rescue,” Michael W Smith “Let it Rain,” Michael W. Smith “Miracles,” “Brian and Jenn Johnson “You’re Going to be Ok,” Hannah Kerr “Warrior,” Nicole Nordeman “Sound of Surviving,” Elevation Worship “There is a Cloud,” Bethel “You’re Faithful,” Ken Blount “For this Child,” Bethel Music and Emmy Rose “Promises Never Fail.”

(*Honor of Oct 15th Pregnancy and Infant Loss Awareness)

1-7th: National Vocation Awareness Week

December: No Session (Winter Break)

NEW YEAR

January: Vocational Dreams/Goals Month

Songs: Hillary Scott "Still," Meredith Andrews "Soar," Laura Story "Open Hands," Natalie Taylor "Lift Me Up," Michael Ketterer "Spirit Lead Me," Anthem Lights "Who I'm Meant to Be."

(*Honor of Nov 1-7th: Vocation Awareness Week)

February: Self-Identity Month: Self-Worth/Unashamed/Self-Compassion/Identity in Christ

Songs: Lauren Daigle "You Say," Mercy Me "Flawless," Lauren Daigle "Love Like This," Big Daddy Weave "Overwhelmed," Mack Brock "I am Loved," Riley Clemmons "Fighting For Me."

February 17: Random Acts of Kindness Day

March: Personal Wellness Month: Nutrition/Healing Techniques/Inner-Healing/SelfCare/Healed and Mended

Songs: Michael W. Smith "This is How I Fight my Battles," Michael W. Smith "Do It Again,"

Crowder "Come As You Are," Mathew West "Mended," Christy Nockels "Healing is in Your Hands," Kari Jobe "Healer," Riley Clemmons "Healing."

***March 8th International Women's Day**

April: Month of the Spirit: Anxiety/Fear/Peace/ Blessings & Faith

Songs: Leeland "Way Maker," Francesca Battistelli "Defender," Michael W. Smith "Open the Eyes of my Heart," Elevation Worship Acoustic "Give Me Faith," Jeremy Camp "I Still Believe," Brandon Heath "Don't be Afraid."

April 12th: Easter & Stress Awareness Month

7th: World Health Day & 16th National Stress Day

April 21-29th National Infertility Awareness Month

May: Celebrating Motherhood Month: Positive Parenting Skills/Struggles through Motherhood/Pain/Remembering The Lost/Forever Hope

Songs: Michael W Smith "Awesome God," Michael W Smith "Light to You," Michael W. Smith "Reckless Love," Phil Wickman "Living Hope," Edward Rivera "Nothing Else," Leeland "Wait upon the Lord," Amanda Lindsey Cook "House on a

Hill," Lydia Walker "You were made for This," Elle Holcomb, "You are Loved,"
Nicole Nordeman "Slow Down," Rascal Flatts, "My Wish For You."

(*In Honor of April 21-29 National Infertility Month)

Mental Health Awareness Month

May 10th: Mother's Day

June: Support Systems Month: Community-Social-Family-Interpersonal Relationships/Marriage/Unconditional Love and Support/Grace, Mercy, Forgiveness for Ourselves and Others/Justice/Security and Safety at Home in the Throne

Songs: Jack Johnson "It's Always Better When We're Together," Michael W Smith "Your House,"

Michael W. Smith "Build My Life," Michael W. Smith "Light to You," John Mayer "Half of my

Heart," Francesca Battistelli "Angel by your Side," Coldplay "Sky Full of Stars," Kate Perry

"Unconditionally," Michael Smith "Healing Rain," Mercy Me "Finally Home,"

Hillsong "Amazing Grace," Newsboys "Jesus Paid it All," Mercy Me "I Can Only Imagine."

Women's Health Care Month

Father's Day June 21

Postpartum Mamas Monthly Topic Questions to Reflect on:

September Suicide Prevention Month:

Grief/Loss/Anger/Guilt/Loneliness/From Ashes to a Ray of Hope/Freedom from Mental Bondage

- 1) Do you see a cycle in your anger outbursts? Do you recognize triggers?
- 2) What is going through your mind when you have an angry episode?
- 3) What brings you hope in your life when you feel all hope has been lost?
- 4) How has your faith brought you through your hardest times in your life?
- 5) What have been the most pivotal moments in your life? How did they help you become a stronger person?
- 6) What have been some of your most difficult times? How did you get through them?
- 7) Have you ever had suicidal thoughts and how did you find your hope, meaning, purpose and value in your life?
- 8) How do you cope with loneliness? What are contributing factors that make you feel lonely? How do you cope? How do you move beyond your loneliness and find your authentic self? What are ways you have reached out for support?
- 9) Have you ever experienced mom guilt? How have these experiences shaped you as a person and how have you let go of the guilt to live a more balanced and healthier life?
- 10) What has grief felt like for you and why? What have been your hardest grieving moments and how have these experiences shaped your personality and character?
- 11) Have you experienced grief or loss of a loved one? What has that felt like for you? How have you coped through your loss? What brings you hope?
- 12) What are some tasks and duties I complete during the day that I wished my partner noticed more and gave me more positive affirmation for?
- 13) Have you ever felt suicidal thoughts before or during your journey through motherhood? Lets talk about these experiences and how you were able to rise above this mental bondage and find healing and grace within yourself, among others, and in your relationship with Jesus for those of you that have faith.
- 14) What did the suicidal thoughts feel like specifically for you if you have experienced these thoughts, and what recommendations could you give to others currently experiencing the same thoughts?

October Mental Health Month

Postpartum Depression and Depression/Out of the Shadows/Forever Redeemed, Hopeful & Saved

- 1) Have you experienced depression, what has that felt like for you? What gets you through the ups and downs of it? What other support systems or healing techniques have helped you?

- 2) What are some positive coping mechanisms for depression, anxiety, or postpartum depression that have helped you on your journey?
- 3) Do you feel overwhelmed by change that you don't feel like doing activities that normally excite you?
- 4) What are some of your hardest experiences with depression or anxiety? How have you gotten through it?
- 5) What are some of your formative childhood experiences? How have they shaped you? How have you found your true value and purpose despite any past painful experiences?
- 6) Do you feel disconnected from yourself and those around you? If so; what are you noticing that makes you feel more connected?
- 7) Throughout your deepest pain and sadness, to whom do you go for support? What helps you find the joy and blessings in your life? Does faith play a role and if so, how?
- 8) What are some positive helpful resources you feel could help women through infertility loss, depression, anxiety, or daily struggles as a mom?
- 9) If you have experienced postpartum depression, depression, or anxiety, what are some positive coping skills you have learned?
- 10) What are some holistic measures you have found helpful to treat your depression or anxiety? If not holistic, what other measures have helped your journey?
- 11) What do you find helps your depression/anxiety? How do you deal with other perceptions about it as a culture?
- 12) When have you experienced extreme anxiety or depression? How have you learned to find your calm and peace?
- 13) What are the hardest struggles you have faced with postpartum depression or depression? Did you feel any stigmatization or negative societal labels? How have you moved beyond that?
- 14) What do you feel are contributors to your own depression, PPD, and anxiety?
- 15) How do you feel we as individuals, mothers, and our community can better improve negative societal labels on mental health and depression, PPD, and anxiety?
- 16) How do you rise out of your darkness and find your inner joy? What are the biggest things in your life that bring you joy and healing? How can you be more intentional about incorporating these things in your life more to improve your health and wellness?
- 17) Who are your biggest supporters? If you experience a lack of support, what steps can you take to build a stronger support system around you?

November Honoring the Lost Month

Infertility/Miscarriage/Infant Loss/Grief/Pregnancy Complications

God's Glory, Mercy, and Divine Plan

- 1) Are you currently struggling with miscarriage, infertility, loss of a child, grief or pregnancy complications right now? Do you know anyone that is experiencing this and how can you best support them through this difficult time?
- 2) What are some ways you can be there as a friend and supporter to someone else experiencing these struggles, without it taking away your peace and feelings of blessings and joy that the Lord has put in your life in your current journey?
- 3) What have some of your struggles been with infertility or loss and how have you found the hope and strength to move beyond your pain? What were the hardest struggles for you and your spouse and how did you get through it?
- 4) Have you experienced loss of a child, infertility, or grief and how did you experience the sadness and grief? How do you feel people in your life supported you? How do you feel they could have supported you in a more helpful way?
- 5) What were the hardest experiences throughout your pregnancies and first years of your children's lives? How did this specifically effect you physically, emotionally and through your faith? What about the most joyful ones?
- 6) Did you enjoy your pregnancies? How were they each different for you? What are you most proud of and what were your biggest trials? How have these experiences or trials shaped your character as a mother?
- 7) What are some positive helpful resources you feel could help women through infertility loss, depression, anxiety, or daily struggles as a mom?
- 8) If you have experienced postpartum depression, depression, or anxiety, what are some positive coping skills you have learned?
- 9) How have these painful experiences shaped you into the person you are now? What do you wish someone would have told you to prepare for motherhood?
- 10) How would you begin to help someone else going through similar struggles after experiencing loss and grief? Have you met anyone with any similar losses? Have you been able to comfort each other through the pain?
- 11) If you haven't experienced child loss, or grief, have you supported someone else going through it and what was this experience like for you?
- 12) Have you experienced the loss of a loved one? -parent, child, sibling, grandparent, spouse, friend, or family member? How have these experiences shaped who you are now? How did it build your strength to rely and trust God and/or grow in your character? How have you coped?
- 13) If you have experienced a loss of a loved one or your child, what do you most wish you could tell them or show them? How does this cause grief or joy for you?
- 14) What are some things we can begin talking about to break the social stigma of grief or loss and improve the healing from these painful losses in our lives and for those around us?

- 15) How would you personally define grief or loss in regards to your own experience with it or through those around you, and how has it shaped you to become a better version of yourself?
- 16) What do you most want to teach the community or raise awareness about regarding grief and loss and why? How have these experiences encouraged you to reach out to help others and make a positive difference?
- 17) How do you connect with others going through similar human sufferings? How do you begin to trust others to sit with you amongst the pain? How do you address your pain and begin to heal from it instead of avoid or minimize it?

January: Vocational Goals and Dreams

- 1) What are some of your vocational or career goals and aspirations? How about your hobbies?

How do you make more time for your goals throughout motherhood?

- 2) What helps you find purpose in your life? What are some personal goals you have made for yourself and how have you achieved them? What are your future goals?
- 3) What are some positive qualities and skills you have? How do you think you could use these to give back to your community?
- 4) What are some of your strongest positive qualities and how can these qualities potentially contribute to a potential goal or dream you have?
- 5) What are some of your hopes as a mother--personally, creatively, vocationally, as a family, with your spouse, for your children? Where would you like to be five years from now?
- 6) What do you feel is your purpose that brings out your best skills, excitement and talents?
- 7) What are your hobbies? When do you find yourself to be most joyful?
- 8) What brings you the most joy to help others in regards to a potential vocation or dreams/goals?
- 9) Do you find you have creative energy and need to channel it somewhere?
- 10) What are some character traits you want to improve on?
- 11) Do you ever feel like being a mother, working outside or inside the home, or both, whatever you personally choose, has immeasurable or impossible standards to live up to in society? How do

you re-ground yourself to realize that your worth, aspirations, goals and tasks are more than valuable and worthy of your time?

- 12) Does wanting something for yourself makes you feel guilt or shame? If it does; let's talk about how we can overcome that lie and find some time to daily or weekly invest in that goal or dream.
- 13) What would it take to create your own vision and plan and write it out on paper?
- 14) What are your goals and what do you want to accomplish this year personally, with your family, as a mother, and or in your vocation?
- 15) What would be your family word for the New Year?

- 16) What do you feel God has been trying to tell you in regards to your purpose in your life, and how do you plan on taking steps to follow his will and use your voice to develop your visions? How can you glorify him more in regards to what you feel he is speaking to you about in your life?
- 17) What areas of your life do you need to trust God more that he will fulfill his promises to you and lead you in the right direction? What are some self-limiting beliefs you can let go of? Where have these self-limiting beliefs or fear come from and why?
- 18) How do you view your mentality with money? Do you view money with abundance and blessings or with scarcity and lack thereof? Is money meant only to be kept to ourselves or given back to the community and to be shared glorifying Gods will? How can you work on changing your beliefs about money if needed?
- 19) What are some goals you have financially for your family and do you desire to play a role in achieving them? How and why is this important to you?

February Self-Identity Month

Self-Worth/Unashamed/Self-Compassion/Identity in Christ

Questions to Reflect on:

- 1) What are some mantras, quotations, or verses you like to repeat to yourself on a daily or weekly basis in order to remind yourself that you are significant, and in fact enough just the way you are?
- 2) What is some of your positive and negative self-talk? How do you overcome it?
- 3) How do you foster more self-love and compassion for yourself? For others?
- 4) Does anyone struggle to define who they are or what their desires are apart from being a mommy? Is it possible for you to get to the space of recognizing and defining your self-worth and desires and finding a way to accomplish those things while being a mommy instead of viewing them as separate desires and identities?
- 5) What were your desires before you had children, and do you think you are able to achieve them today? Have your desires changed since having children? Do you feel a part of you has been lost in the identity of “mommy”?
- 6) Do you feel you are able to live out Gods ultimate plan for your life and have the faith that positive things will happen in your life relating to your self-worth? What are your own struggles or positive feelings and thoughts with your own self-worth? How can you inspire others to grow in their own identity, self-worth and perception of themselves?
- 7) Do you say yes or take on things that stress you out or you feel are “too much,” just for approval from others?
- 8) What are some judgments that have been placed on you or that you worry you will experience? How do you find more self-acceptance? What are some ways you can practice shedding and ridding yourself of these judgments mentally, emotionally and physically? How do you step into your brightest light?

- 9) What are at least three things you most like or believe about yourself? Write them on note cards; on your mirror and say them out loud.
- 10) Are you effected mentally by energy from others and how do you create and maintain proper boundaries so that mostly positive support is coming into your life?
- 11) What are some practices of self-care that you practice that bring peace and more compassion and patience into your life with yourself and others?
- 12) Do you believe you are an expert at anything? If you could think of 5 to 10 things you are an expert on what would these be and how can you use your voice to share this knowledge and valuable information with others? Do you view yourself as an expert or someone that has nothing valuable to give or share? Why?
- 13) How does your relationship with Jesus and or your personal faith remind you that you are in fact very much loved and your identity is in God, filled with unique purpose and high value?
- 14) What most inspires you to be your most authentic real self and be unashamed to share yourself with the world and those around you, who can learn so much value from your story?

March Personal Wellness Month

Nutrition and Self-Care/Inner Healing

- 1) In what ways do you try to foster nutrition in your health, the foods you eat, and your weekly meals for yourself and the family?
- 2) Do you exercise? What do you find works best for you? What forms of exercise do you enjoy?
- 3) What tips do you have to help break up the day with your little ones or help make mothering more fun and less stressful?
- 4) How do you find time for yourself? How do you make sure to include time for yourself in your weekly routine and schedule? What are some methods of self-care you make sure to include in your week or you would like to improve?
- 5) What do you struggle with most with self-care?
- 6) Do you feel guilt or shame for taking time for yourself? Why do you think so? How can you help reduce shame and guilt in your life as a mother?
- 7) What are some aspects of self-care that you do for yourself currently?
- 8) What changes can you make to improve your self-care and make it a weekly habit without guilt or shame from yourself or others?
- 9) How can you recognize and voice your needs better and take action with your self-care, before you are experiencing anger and resentment?
- 10) What are your hobbies? When do you find yourself to be most joyful?
- 11) What are some nutrition tips you include in your daily regimen to help balance you and support a healthy lifestyle?

- 12) Have you struggled with insomnia or too much sleep? What are some positive coping skills you have learned to help you get better sleep?
- 13) Do you thrive on routine or more flexibility with your schedules? What would help you feel more grounded throughout your weeks? How do you find balance between home life, vocation, personal time, motherhood and socializing with others?

April Month of the Spirit

Fear & Anxiety/Positive Coping Mechanisms/Peace, Blessings & Faith

- 1) Have you experienced anxiety or panic attacks? What has that felt like for you?
- 2) Have you experienced fear? What has that felt like for you?
- 3) What are your feelings about the unknown and your future?
- 4) What helps you with your thoughts while you are under distress? Who do you go to for support?
- 5) What are some positive coping mechanisms that help decrease your anxiety and fear?
- 6) What are some things we can do to truly enjoy the present moment that God so greatly wants us to capture and enjoy in our lives?
- 7) When have you experienced extreme anxiety or depression? How have you learned to find your calm and peace?
- 8) How do you connect in the present moment in your relationships with your kids and spouse if you have racing thoughts and fears of your future? What are some tools you use to be more in the moment with your family? What have you found helpful for you?
- 9) What are some of your biggest fears personally and as a mother? What are some of your biggest blessings?
- 10) What are some of your hardest experiences with depression or anxiety? How have you gotten through it?
- 11) What are some positive helpful resources you feel could help women through infertility loss, depression, anxiety, or daily struggles as a mom?
- 12) If you have experienced postpartum depression, depression, or anxiety, what are some positive coping skills you have learned?
 - 12) What are some holistic measures you have found helpful to treat your depression or anxiety? Other measures most helpful?
 - 13) What do you find helps your depression/anxiety? How do you deal with other perceptions about it as a culture?
 - 14) How has your faith brought you through your hardest times in your life?
 - 15) What have been the most pivotal moments in your life? How did they help you become a stronger person?
 - 16) What has your faith most revealed to you about your trials and your strengths as a person?

May: Celebrating Motherhood Month

Positive Parenting Skills/Struggles through Motherhood/Pain/ Remembering the Lost/ Forever Hopeful

- 1) How do you find joy with your children? What are some of your best bonding experiences?
- 2) What parenting struggles do you face the most?
- 3) What are some books that have brought you personal peace or helped strengthen your faith throughout your journey in motherhood and that may also help others?
- 4) What are some helpful parenting tips that have helped you on your journey through parenting?

Do you feel you react because you are not sure what to do?

- 5) What do you feel like you EXCEL at as a mother? This is important; what we focus on multiplies.
- 6) Does anyone here have a child with special needs? How do you feel day to day?
- 7) What are some positive coping skills you find helpful through the ups and downs of motherhood?
- 8) How has your faith helped you find value in motherhood?
- 9) What are some of your biggest struggles as a mom? How can you find more purpose and self-love?
- 10) Do you experience loneliness as a mother? What are some ways you can step out of the darkness and gain more support?
- 11) Do you ever feel feelings of guilt or shame regarding your health or your parenting? How do you change your thoughts to be more positive and to foster more self-love?
- 12) What are some positive experiences you have had with your children? Which milestones do you feel proud of as a mother? What are you most proud of with your children?
- 13) What are the struggles you find the hardest through parenting? How do you cope? How do you become more intentional about sharing your voice and story so that other mothers do not feel alone?
- 14) In which areas of your life do you feel a lack or a need to grow? How can you foster growth in these areas?
- 15) What do you hope your children will say about you when they get older? In which ways do you hope that they are grateful?
- 16) How has your faith brought you through your hardest times in your life?
- 17) What have been the most pivotal moments in your life? How did they help you become a stronger person?

- 18) Were you ever teased or bullied as a child? How did you overcome those experiences and how did they make you stronger? What kind of character traits do you wish to instill in your children?
- 19) What are some things you struggle with in your daily routine as a mom? How could improving these things make your life less difficult?
- 20) How do you find ways to explore and live your faith? How do you share your faith with your children?
- 21) What kind of connection do you strive to have with your children and spouse? In what ways do you find yourself wanting to be a better person or continue to develop in your character?
- 22) Has anyone lost a child? How do you feel day to day? What are you doing to heal from your heartache and grow in your perseverance and strength? Who are your supporters?

June Support Systems Month

Relationships/Forgiveness for Ourselves/ Safety and Security at Home in the Throne

- 1) Do I feel overwhelmed by everyday tasks?
- 2) Would help with everyday life be more helpful than someone watching my kids?
- 3) Do I need alone time?
- 4) Do I have someone I can count on; someone I can talk about the ugly stuff too?
- 5) Do I have a seasoned mother I can confide in?
- 6) Am I good communicator of my emotions?
- 7) What negative emotion did I feel today? When was the first time I felt it?- go back to that place and identify the painful memory. Allow yourself to feel this painful memory and forgive either yourself or the person who hurt you in this painful memory. This doesn't have to be your identity. Exchange the identity you took from this painful memory for unconditional love and acceptance.
- 8) What are some things in your life that just bring you down? How do you try to take action to make things more positive in your life? -relationships with yourself or others?
- 9) How do you manage conflict in a healthy way?
- 10) What are some things you do with your spouse to find more joy in your time with your kids? How do you prioritize time with your spouse?
- 11) What are some fun things you enjoy doing with your spouse to connect?
- 12) How do you find time for your friendships as a mother? What are some of your hopes for new friendships?
- 13) How do you maintain healthy relationships? How do you continue to foster and grow these relationships?
- 14) What are your favorite memories with your children, spouse and family? What things do you most look forward to that brings you joy with your family?
- 15) What are some community resources you take part in order to improve your health and mental health?

Frequently Asked Questions:

1) Are PPM support groups confidential and a safe place to come to?

Absolutely. PPM support groups are **strictly confidential** groups. Nothing said inside of the group may be taken outside of the group. **If confidentiality is breached in any way, the offending member, facilitator, or co-facilitator will be permanently removed from the PPM program.** During meetings, members will be discussing heavy topics and experiences. It is up to each member to decide how much she wishes to disclose; she does not have to share anything she does not wish to share.

2) What is the basis for the Postpartum Mamas Mission Statement and what does your program stand for?

Postpartum Mamas provides free membership to all mothers so that they have increased access to mental health support. PPM was formed to provide safe, confidential monthly support groups to mothers experiencing all and any struggles through motherhood including but not limited to depression, postpartum depression, anxiety, infertility, miscarriage, infant loss, pregnancy complications, domestic violence, parenting struggles, lack of family support, loneliness, isolation, or any of the other myriad challenges modern mothers face. This program is a support group for ALL mothers who struggle with similar and diverse experiences as mothers. Our stories are different and diverse, but our struggles and perseverance through these struggles are very similar. The goal is to unify in a supportive environment and not feel ashamed to talk about the “deep things” in our lives that can so often not be talked about with even best friends or close family members in fear of judgement or shame. Our goal is to destigmatize these experiences and bring mothers together in community to create positive support systems. All mothers are welcomed and included no matter what they are experiencing, and no matter what their journey has encompassed. Even for a simple desire to form authentic quality friendships based on trust, or release our burdens in a safe place, Postpartum Mamas is here and serves a purpose for all mothers. Together, facilitators, co-facilitators, and members work to create a nonjudgmental, empathetic, and confidential environment that helps mothers to feel heard, valued, and unconditionally supported. The vision of PPM is to increase postpartum mental health resources across the country by integrating the Postpartum Mamas program into local home groups, church’s and hospital facilities, so that all mothers have access to support within their communities nationwide. Postpartum Mamas helps to destigmatize Postpartum depression and associated related struggles with any correlating misperceptions that are often placed on mothers. Postpartum

Mamas empowers women to be the best version of themselves with goals to make an everlasting difference in the lives of mothers who struggle with postpartum, mental health, infertility, miscarriage, infant loss, anxiety and all related struggles through parenting and motherhood for generations to come. The support group mothers have been missing is finally here. Postpartum Mamas offers support group for mothers experiencing depression, anxiety, miscarriages, infant loss, parenting struggles, grief, and blessings to share; solely to uplift, encourage, and unite in a confidential and safe environment. They say it takes a village; but our village is nowhere to be found in our modern, independent age. Our society has failed at bringing safe, effective healing environments to mothers during the most pivotal transition in her life, Postpartum. Join our movement, find women just like you with struggles just like you.

3) How do I become a member of PPM?

Postpartum Mamas is excited to announce and offer free membership to all of our mothers with a **suggested \$59 annual registration donation**. To become a member of PPM, you choose and attend a once a month support group based upon your location and the calendar schedule of the facilitator or facility you have chosen. In person or virtual zoom options are available depending on the availability in your local community.

Upon enrollment you receive life-time membership to Postpartum Mamas support groups as well as the PPM FB group for daily online support. 50% of all PPM donations and proceeds goes directly back to our PPM members into our Mamas Mental Health Fund to help serve our mothers with mental health needs. We thank you for any and all donations towards improving mothers mental health needs. We thank you kindly for any donation you would like to contribute to our Non-profit Organization.

The PPM nine-month Curriculum and healing module videos "PPM Kit" are available to the facilitator for free upon enrollment and available for all mothers for \$49, as optional if they wish to follow along with the curriculum during group. Members will be placed in a local support group of ten to thirteen mothers. Facilitators host and lead the support groups. Co-facilitators help the facilitators when needed, read the Preamble at the beginning of each group and host groups for the facilitator when facilitators are sick or have an emergency. We thank you to all volunteers willing to host a support group to help mothers in your area.

All members will also be required to turn in their Enrollment Form, Non-Disclosure Form, and their Informed Consent Form prior to attending or leading support groups at PPM. These can be found on the website to submit online.

Facilitators receive free membership as well. Facilitators will receive the PPM nine-month program and curriculum in order to have the curriculum tools to lead their own support groups for the PPM nine-month calendar year. We kindly ask that the facilitator commit to leading these support groups for that current entire nine-month calendar year and sign required forms as well. Any following years they wish to facilitate is at the discretion of the facilitator.

4) What services do I receive upon free enrollment in Postpartum Mamas?

Members receive free monthly community support from other mothers in a confidential and encouraging environment. Members receive a once or twice a month support group option to choose from. They can attend in person support groups or virtually through zoom. Members will get a chance to foster growth of friendships on an authentic and deeper level, positive coping/parenting mechanisms and skills, a chance to speak about their experiences and feelings in a space that is loving, safe, confidential, and supportive, receive holistic healing resources, handouts and journal entries, community resources during support/resource session of group, newfound hope to develop skills for mothering and parenting, personal growth in self-care techniques and healing methods, as well give and receive helpful positive and healing resources. Members will also receive **access to PPM's Facebook group, PPM Private messenger to gain daily support online.** Another benefit from membership is being placed on the PPM Vocational Resource List to increase awareness of the unique vocational talents and strength each mother has in order to support, encourage and bless one another with our goals and dreams. Another benefit is sharing additional resources at the end of each support group. Some examples may include exercise classes, yoga/meditation classes, personal coaching, midwives/doula recommendations, counseling/wellness recommendations, and the potential to provide and receive these referrals or services at the end of the group to help improve members health/wellness and self-care. If or when any member is not interested in a resource or referral given at the end of group, that should be respected. Once a member, we encourage members to upload a family photo and biography of your family onto the PPM FB page so that the other mothers can get a chance to get to know who you are. There will also be a contact list given out for mothers to build friendships outside of group as well as gain more support from other moms in their community. Members will also have access to the personalized PPM Book Resource List with resources of one hundred plus books relating to our PPM monthly topics of motherhood, health/wellness, depression, postpartum depression, anxiety, positive parenting skills, motherhood, self-worth, mental health, and healing.

50% of PPM Proceeds and donations are contributed towards our Postpartum Mamas Mental Health Fund in order to further support the mothers that we serve and to giving tangible Mental Health Resources for them when in need or in crisis. We thank you for any donation you would like to contribute to our Non-profit Organization. You may donate under our donate tab.

Membership also goes toward PPM materials, brochures, curriculum, and growth of the program by supporting the ultimate vision of expanding PPM nationwide in order to positively impact as many mothers as possible and help destigmatize postpartum depression.

5)How do I become a facilitator or a member/co-facilitator? How do I set up my monthly schedule? What is the maximum number of people allowed in a group? Who can help if I am unable to lead due to illness or traveling?

The first step in becoming a facilitator is enrolling in Postpartum Mamas and filling out our Facilitator enrollment form online. The Enrollment Form, Informed Consent Form, and Non-Disclosure Forms are required for you to submit online in order for you to lead a group. Once enrollment and required forms are submitted and PPM Curriculum is sent to you, we ask that the facilitator watch the “sample” PPM Support Group video in order to experience the format, structure, rules and guidelines of the PPM meeting and to understand the expectations required of facilitators to lead their own groups in the future. The PPM program will be emailed to all new members in PDF format once they enroll in Postpartum Mamas which includes the Postpartum Mamas Mission Statement, Postpartum Mamas

Guidelines and Rules, Postpartum Mamas Membership Form, PPM Monthly Topics Calendar,

Non-Disclosure Form, and Informed Consent Form. We ask that the Informed Consent and the Non-Disclosure form be completed, signed and turned in by facilitators, in order to lead your own group at a consistent time and location of your choice. We do ask that meetings take place in the evenings, as this seems to be the easiest time for most mothers to arrange childcare. We ask that facilitators keep the day and week of the month consistent (for example, the first Thursday of every month). Facilitators will set their meeting schedules a full year in advance. Meetings will occur every month **EXCEPT for December, July, and August**. Facilitators will advise Postpartum Mamas yearly of their meeting schedule so that it can be updated on the PPM website. PPM support groups are made up of a maximum of ten to thirteen members including the facilitator and co-facilitator. The facilitator will follow the PPM Monthly Calendar and nine-month PPM Curriculum to lead their support groups during the nine-month PPM calendar year. If the facilitator is sick or traveling, we ask that the co-facilitator

lead group in place of the facilitator for that session and arrange to get the monthly curriculum and be prepared ahead of time for their support group. **There will also be a training three times during the year for Facilitators and Co-Facilitators which will be held every September, January, and May for the duration of one hour virtually on zoom. These meetings will be grouped by each state for facilitators and each facility for facilities. Simply go to the Postpartum Mamas website and find all facilitators in your state that host a group. Connect with them through a group text or group email and decide who will be creating the yearly zoom links and a day and time during that month that works for all facilitators. Any concerns may be discussed in group and must be kept confidential.**

6) If I am a church, hospital or facility and would like to incorporate the Postpartum Mamas program into our facility, what is the first step?

The first step is to go onto the Postpartum Mamas website and fill out and complete the Facility Enrollment, Informed Consent Form, and Non-Disclosure Form and submit online. Each facility will decide on integrating a once a month group based on each facility's needs. They will decide to host a month support group with different annual costs depending upon the size of your group your facility needs. Please see Facility Membership Form. Any groups needed above three groups will be free of cost. The facility will pay our suggested annual donation fees notated under Facility Membership on our website, as well as a \$150 required one-time Curriculum Fee for the nine-month PPM Curriculum & Program.

50% of PPM donations and proceeds are contributed towards our Postpartum Mamas Mental Health Fund in order to further support the mothers that we serve and to give tangible mental health resources for them when in need or in crisis. We also encourage facilities to adopt the same Mental Health Fund for the mothers they serve within Postpartum Mamas.

Providing childcare assistance will be at the discretion of each facility.

Within PPM support groups, members will be discussing a broad range of potentially heavy adult topics. Therefore, we require that these groups include adults only. Breastfeeding babies under one year of age are welcome only if needed.

The purpose of incorporating Postpartum Mamas Program into your facility will be to provide this once-a-month support group which has the capability of

growing over time depending on the needs of the members with various tables and facilitators per group, at one scheduled day and time per month only. Facilitators and co-facilitators within your facility will attend the Facilitator Trainings and meet three times a year in person or virtually on zoom, to discuss any information or concerns that need to be addressed or resolved within each group. We ask that the appropriate conflict-resolution skills are used and what is spoken about in the meetings remain confidential, following all the same guidelines in a PPM support group. **These facilitator training meetings will occur in September, January, and May for the duration of one hour at a location, day and time chosen by the facility.**

7) The basis of the PPM Program is founded on confidentiality and active listening skills with helpful resources given at the end of the meeting. What does active listening skills mean to the PPM program?

Sharing will continue in a circle as each mother who wishes to share has the chance to do so. Facilitators should ensure that each mother has the opportunity to speak without interruption, advice, or input. While one mother shares, the rest should practice active listening. Active listening requires that each person focus on listening only, reflecting, not interrupting, withholding from judgement, and then actively engaging at the end of session with any feedback or helpful resources. It does not involve giving their opinion or advice, interrupting, or engaging in off topic conversations, or engaging directly after each mother speaks. Active listening requires that engaging in resources is done after every mother is done speaking in the entire circle at the eighty-minute mark during the ten-minute resource/support time. Any mother who does not wish to share that day may of course pass, or she may simply offer a brief description of her feelings that day. Mothers do not have to share if they do not wish to share; they can simply come to be an active listener. Any mother wishing to just share her burdens not relating to the topic or question is encouraged to do so. We ask that time is respected for all mothers to share as well. We encourage mothers to share their support at the end of the meeting to anyone they feel they could support and encourage. We also encourage mothers to grow friendships outside of group while maintaining healthy boundaries of confidentiality and following the PPM guidelines.

8) What are Postpartum Mamas guidelines and practices of faith when structuring and leading Postpartum Mamas Program?

PPM is founded upon Christian principles to encourage and uplift mothers throughout their journeys, and to strengthen their positive coping

mechanisms and healing practices. All mothers regardless of race, socioeconomic status, religious beliefs, or background will be welcomed and supported graciously. PPM serves all mothers of diverse faith backgrounds and treats all mothers with the upmost respect, value, and non-discrimination practices. All mothers are diverse and have different faith systems and that is what makes us all unique. Talks of politics within PPM support groups is strictly discouraged. We welcome all mothers no matter what circumstances in their Postpartum journey, and no mother is excluded based on any circumstances. PPM greatly values diversity of all mothers' backgrounds, faith systems, and experiences.

9) What are the PPM guidelines when each member speaks during group?

We ask that members respect that when speaking, there be no speaking negatively about group members, friendships, spouses, or any other relationships. We remind all members that this support group is to speak about and reflect on our own personal journeys only. We strictly ask that members refrain from speaking negatively about anyone else which includes their spouses and friendships. For example, if any members are going through a current crisis or struggle in a relationship, stating that there is a struggle and requesting for prayer is appropriate. We ask that specific details that put the other person in a negative light not be shared. We are here only to encourage each other in all our relationships in a positive way, including relationships with our spouses. We ask that everyone participate in healthy boundaries when speaking about their journey and adhere to the PPM guidelines and regulations. Postpartum Mamas is not a space to entertain gossiping or speak negatively about anyone else.

10) What months do PPM support groups meet?

PPM support groups meet once or twice a month and follow the school year calendar, meeting monthly in September, October, November, January, February, March, April, May, and June. **We are not in session during the months of December, July, and August.**

11) If there are any questions or concerns, whom do I go to? How will issues be resolved?

We ask that any concerns or questions be brought to the attention of your groups facilitator or Founder. She will help to respectfully resolve any issues, following PPM's guidelines. Facilitator training meetings will also provide the appropriate environment to discuss any such concerns by facilitators and co-facilitators and improve support group moral.

12) What are some monthly topics or questions we will be discussing? Can I submit more monthly support group questions for all groups to use?

Please see the Monthly Topics Calendar section. We welcome your ideas to add to our pool of questions. Contact your facilitator if you would like to share; the facilitator will pass on your ideas to Postpartum Mamas.

13) Why is childcare not available?

Within PPM support groups, members will be discussing a broad range of potentially heavy adult topics. Therefore, we require that these groups include adults only. Breastfeeding babies under one year of age are welcome only if needed. We feel it is important for mothers to have a safe place to come once a month where they can focus on these deeper topics and express their feelings and concerns without children present. Within PPM support groups, members will be discussing a broad range of potentially heavy adult topics. Therefore, we require that these groups include adults only. Breastfeeding babies under one year of age are welcome. If your PPM support group is within a facility, childcare assistance is at the discretion of each facility.

14) If I am feeling like I am going to harm myself or others, what should I do?

Anyone experiencing suicidal thoughts should contact 911 or call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). Postpartum Mamas is not trained to offer mental health assistance or counseling services. If anyone discloses intentions or desires to harm themselves, their children or others, PPM is legally obligated to contact authorities for the safety of all involved. PPM is a support group only. Anyone experiencing severe cases of postpartum depression we advise calling emergency services and anyone needing assistance with postpartum depression we advise calling a local psychiatrist, a counselor, and the Postpartum International hotline at 1-800-944-4773 or text 503-894-9453.

15) What are the immediate goals of PPM?

To provide PPM support groups in homegroups, churches, hospitals and facilities, and incorporate the PPM program in churches and hospitals and facilities locally and nationwide. To provide a nine-month PPM Curriculum that correlates with the nine-month PPM calendar year which provides a consistent topic for each month and a confidential support group for all mothers to talk about the “real struggles” throughout their journeys in motherhood. To provide nine PPM Healing Module Videos for healing tools for mothers as well as a

“Postpartum Mamas Kit” for the entire nine-month PPM Curriculum and Healing Videos combined. To provide a mock “PPM” Support Group Video that provides a tangible resource for mothers to really see the real benefits of being a PPM member and to realize the significance of joining a PPM community of motherhood that empowers and serves as a healing mental health resource. To integrate our healing Postpartum Mamas Support Group program into local hospitals and churches nationwide.

Each PPM support group will include a facilitator and co-facilitator, including a maximum of ten to thirteen members. PPM will provide emotional support to mothers in the community experiencing any and all struggles including but not limited to depression, post-partum depression, anxiety, miscarriages, infertility, grief, as well those who have mama struggles and blessings to share throughout their journeys of motherhood. This PPM program is for ALL mothers to talk about the “deep struggles” in motherhood that we all experience in unique and diverse ways and provide this in a non-judgmental and confidential environment. To provide lifetime enrollment in PPM Program which includes monthly community support as well as lifetime access to the PPM private FB group to form an authentic community in a safe and nonjudgmental space to express ourselves with other mothers who share struggles with the same issues and to show compassion and understanding throughout our journeys. Once enrolled, we encourage members to upload a family photo a biography onto the PPM FB page to introduce yourself to Postpartum Mamas. Members are also added onto the PPM Vocational List to help encourage and support all mothers with their vocational goals and dreams. Members are then enrolled in the PPM FB support group of your personalized support group of ten to thirteen mothers where you can grow and develop more meaningful support and relationships with your own group of mamas in your support group. This is a place to share about our weekly struggles, and to reach out for help when needed. Ex- in hospital, kids are sick, or giving birth, and need help from mamas with a meal prepared and brought etc. This can be organized within each group if desired. Mothers have access to these groups but by no means have pressure to be participating on a weekly basis. This is simply available for those mothers who desire the support in this way. A contact list is also given out for each PPM group so mothers have contact information to support each other within our communities. To provide healing and unconditional support from other mothers experiencing similar struggles and joys. To provide resources of books, quotations, inspirations, verses, and prepared resource hand-outs for each support group to keep for healing, reflection, and growth. Contributing to giving to a good cause to non-profits which support advocating for issues relating to Postpartum and which provide

immediate resources via phone and within the area they live in, to get the immediate help they need for their mental wellness, as well as giving back to our community in need who need financial assistance during hard times.

Contributing to the good cause of helping mamas with depression, postpartum and related issues to gain emotional support within their Postpartum Mama communities. Helping to de-stigmatize all struggles mothers experience including depression, Postpartum depression and associated related struggles with any correlating misperceptions. Supporting and contributing to the vision of PPM with a big vision to expand PPM nationwide in churches and hospitals to make an everlasting difference in the lives of mothers who struggle with mama struggles, pregnancy complications, mental health, health/wellness healing, and postpartum for generations to come.

16)What are the future goals of PPM?

Continuing to expand and increase awareness of the powerful and healing tangible resource of Postpartum Mamas support groups and the correlating nine-month PPM curriculum and healing modules to provide the necessary healing needed for all mothers who struggle with depression, postpartum depression, infertility, miscarriage, pregnancy complications, anxiety, and loneliness through motherhood. To support mothers dreams and vocational goals, aiding in holistic and emotional healing and improving mothers mental wellness which includes improved postpartum care for mothers all across the world in hospital and church settings. To increase the level of deep community and deep authentic conversations about our journeys in motherhood that is so lacking in our communities. PPM shares a vision of having support groups and facilitators in every state, every church, and every hospital, so that mothers everywhere struggling with Postpartum and mama struggles in motherhood have immediate support in their area and can also use their voices to empower positive change with postpartum health care for every mother. Another future goal of PPM is to provide personal counselors contact information on the website for a discounted counseling rate so that all mothers have access to improved postpartum mental health care within their areas. Our ultimate passion and visions are to get this much needed program funded by foundations, hospital facilities and church ministries nationwide to support the necessary and deserved improvement of mental wellness and postpartum care for mothers all across the world that is so greatly lacking in our culture. The time is NOW.

17)Can a member attend more than one PPM support group?

We ask that all members stay with one consistent group. If they wish to change groups, we ask they wait six months to try and foster connections within their current group. If a change of group is desired, we ask that you contact your facilitator to request this.

18)What are the guidelines on the maximum number of mothers able to attend per support group?

Support groups include ten to thirteen mothers maximum including the facilitator, cofacilitator, and any other facilitators in training. This is so that each mother gets an equal and fair amount of time to speak about their journeys.

19)If I want to order a Postpartum Mamas shirt, how do I do so?

*Shirts with the logo "The Struggle is Real & God's Grace is Greater" will be available to purchase for **\$18 per shirt plus \$7 for shipping per person** for all members in February. Your facility or facilitator will fill out a Postpartum Mamas Shirt Order Form online under Forms in February. A minimum of six orders need to be made per group. Shirt orders are submitted one time per year in February of each year between the 1st and 30th of the month depending on the date of your first support group. We ask that you submit your orders in on the first group meeting in February by having your facilitator or facility submit the Shirt Form online in February. You will receive your shirts the following month in March. Please allow a maximum of 30 days to receive your orders as all groups will be ordering at different locations as well. There needs to be a minimum of six shirts ordered for each group. We ask that the facilitator fill out the Shirt Order Form online in February by the 30th of the month, and the form will get automatically sent to Postpartum Mamas. The easiest way to collect funds is for facilitators or facilities to collect cash from the members and submit your credit card for the group order. There is also a second option to collect each individuals credit card information on the form. **Postpartum Mamas prefers the first option of one credit card per group order and thanks you in advance.** Please remind members at your January group that orders will be placed on the first support of February and to bring their payments for shirts if they would like to order a shirt.

Shirts are \$18 plus shipping of \$7 per person for all members. Please send an email to postpartummamas@yahoo.com for any additional questions regarding ordering shirts.

20)What happens if any members of PPM decide to cancel membership?

We ask that facilitators sign the Informed Consent form and commit to facilitate their PPM support group for the nine-month calendar year. PPM asks that facilitators notify PPM at least two months in advance to cancel membership so

that PPM has appropriate time to find another facilitator to take over their group. We request that the facilitator ask their group cofacilitator if they are interested in this role. **Facilitators, co-facilitators and members will be removed from their fb private groups after cancelling membership, for the safety and privacy of all other group members. We ask that any prior information disclosed in group by other group members remain confidential.**

22)What are Postpartum Mamas donations and proceeds contributed towards?

50% of PPM donations and proceeds will go directly back into our Postpartum Mamas Mental Health Fund in order to further support the mothers that we serve and to giving tangible Mental Health Resources for them when in need or in crisis. Go to Mamas Mental Health Fund under Forms for more information. This will be an application process on our website approved by our Board of Directors per application. Please allow 1 to 2 weeks to process application and receive a response. Please know we will do our best to bless our mothers depending upon the current amount of funds Postpartum Mamas has and your particular Mental Health need. Please email this form to Postpartummamas@yahoo.com or you can also submit online on our website under Forms.

Our hopes are to provide all mental health assistance including but not limited to counseling appointments when needed, mental health and postpartum pregnancy doctors appointments, holistic doctors appointments not covered by insurance such as acupuncture and massage to reduce anxiety, midwife and doula appointments, babysitting/childcare assistance, cleaning assistance, meal trains and meal assistance, grocery assistance, self-care retreat assistance, fitness/health management assistance, bible retreats assistance, personal wellness assistance, educational/career assistance to pursue degrees or contribute towards schooling or vocational certificates, women/mother empowerment to achieve her dreams.

We are here and always will be here for all the mothers we serve and hopeful that the more donations we receive, the more we will be able to achieve these goals and the mission of Postpartum Mamas.

23)If I would like to donate to Postpartum Mamas 501c3 Non-Profit Organization, how do I donate to your organization?

Go to www.postpartummamas.com and go to the Donations Tab. You will be able to donate via venmo @Postpartum Mamas with a debit or credit card payment.

We thank you for your generous support for our Postpartum Mamas Organization. **50% of PPM donations and proceeds** will go directly back into **our Postpartum Mamas Mental Health Fund** in order to further support the mothers that we serve and to giving tangible Mental Health Resources for them when in need or in crisis.

Postpartum Mamas Informed Consent

Welcome to your group experience with Postpartum Mamas! A support group can be a powerful and valuable venue for healing and growth. It is the desire of Postpartum Mamas that you reap all of the benefits your support group has to offer. To help this occur, groups are structured to include a safe and confidential environment in which you are able to feel respected and valued as you share your thoughts and experiences. Postpartum Mamas serves as a free monthly support group that meets once or twice a month for mothers experiencing all and any struggles through motherhood including but not limited to depression, postpartum depression, anxiety, infertility, miscarriage, infant loss, pregnancy complications, parenting struggles, lack of family support, loneliness, isolation, or any of the other myriad challenges modern mothers face. Together, facilitators, co-facilitators, and members work to create a nonjudgmental, empathetic, and confidential environment that helps mothers to feel heard, valued, and unconditionally supported.

Postpartum Mamas facilitators are not trained to offer mental health assistance or counseling services. Anyone experiencing suicidal thoughts should contact 911 or call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). If anyone discloses intentions or desires to harm themselves, their children, or others, PPM is legally obligated to contact authorities for the safety of all involved. Anyone experiencing severe cases of postpartum depression we advise calling emergency services and anyone needing assistance with postpartum depression we advise calling a local psychiatrist, a counselor, and the Postpartum International hotline at 1-800-944-4773 or text 503-8949453. Postpartum Mamas will not be held liable for the actions of its members, either in meetings or outside of them.

A Safe Environment

A safe environment is created and maintained by both the facilitator of your group and its members. Primary ingredients are mutual respect and a chance to create trust. Another primary ingredient for a safe environment has to do with confidentiality. All facilitators and members are bound by honor to keep what is said in the group in the group. We realize that you may want to share what you are learning about yourself in your group with a significant other. This is fine as long as you remember not to talk about how events unfold in your group or in any other way compromise the confidentiality of other group members. We encourage members to foster friendship connections outside of group if they so desire. We ask that when fostering these friendships, confidentiality is strictly maintained for all your group members and all members of PPM and any other individual in each of our lives. No experience or story revealed inside of group is to be spoken about outside of group if that member is not present.

Other Safety Factors:

Members of a group may not use drugs or alcohol before or during group.

Members of a group should not engage in discussion of group issues outside of group sessions strictly adhering to confidentiality which is the basis of PPM. If any member breaches confidentiality member will be permanently removed from PPM and removed from all private fb groups.

Members of a group should remember that keeping confidentiality allows for an environment where trust can be built and all members may benefit from the group experience.

Talk of politics is strictly discouraged. Facilitators should ensure all political discussion is left out of the group.

Your group facilitator will monitor discussions and maintain a respectful environment to keep safety and trust a priority.

Most members are coming to support group meetings with various struggles and diverse experiences. Members are coming to feel strengthened and supported, not to be further stigmatized, judged, or put down in any way. Any member not practicing respect and compassion for all members of group will be permanently removed from PPM. Feelings are neither right nor wrong, good nor bad. All feelings are okay and that should be recognized and respected, without judgment. Feelings can be released when they are heard with compassion, empathy, and respect. This is what unconditional presence means.

All members, co-facilitators and facilitators will practice respect and non-discrimination of all members. All members regardless of race, socioeconomic status, religious beliefs, or background will be welcomed and graciously supported. If any discrimination occurs, the offending member will be permanently removed from PPM.

Members will not engage in distracting off topic conversations. If conversations are consistently off topic and distracting, the member will receive a warning and after two warnings will be removed from PPM.

Members are here to practice active listening skills and respond with support at the eighty-minute mark at the end of group during the ten-minute Resource/Support time. If anyone does not have resources to give or receive, that should be respected, and members are welcome to leave at the eighty-minute mark.

Facilitators, co-facilitators and members will be removed from their smaller group of ten members once membership is cancelled for the safety and privacy of all other group members, and we ask that any prior information disclosed in group by other group members remain confidential.

Attendance:

Your presence in your group is highly important. A group dynamic is formed that helps create an environment for growth and change. If you are absent from the group this dynamic suffers and affects the experience of you and other members of the group.

Therefore, your facilitator would ask that you make this commitment a top priority for the duration of the group. It is understood that occasionally an emergency may occur that will prevent you from attending group. If you are faced with an emergency or sudden illness, please contact your facilitator(s) before group begins let them know you will not be present. If you miss group, the \$20 monthly fee will still be charged and will not be reimbursed. Because it usually takes several group sessions for clients to "settle in" and receive the full benefits a support group provides, we ask incoming members to make at least a six-month commitment when they join a group.

What to Expect:

Each meeting will begin with a reminder that everything stated within the confines of the support group is strictly confidential. The facilitator will then read the PPM Preamble as follows: **"Postpartum Mamas is a support group founded for mothers experiencing all and any struggles though motherhood including but not limited to depression, anxiety, miscarriage, infant loss, parenting struggles, domestic violence, or who have blessings to share; solely to uplift, encourage, and unite in a confidential and safe environment."**

The facilitator will then introduce the required monthly topic and related question, along with a verse or inspirational story if desired speaking between five to fifteen minutes. Sharing will continue in a circle as each mother who wishes to share has the chance to do so. Facilitators should ensure that each mother has the opportunity to speak without interruption, advice, or input. While one mother shares, the rest should practice active listening. Facilitator will make sure each mother has enough time to speak about their experiences and feelings. Mothers who wish to share not relating to the topic or question may do so, we just ask each facilitator ensures every mother gets the chance to speak a fair amount of time. Any mother who does not wish to share that day may of course pass, or she may simply offer a brief description of her feelings that day. Mothers do not have to share if they do not wish to share; they can simply come to be an active listener.

Once every member has finished speaking, the facilitator will end the group session with any positive resources, verse, or prayer and then group will end with the ten-minute Support/Resource time. Facilitators should reserve the last ten minutes of the session for members to discuss and share helpful resources at the eighty-minute Support/Resource session of the group. If some members wish to leave at this time and have no resources to give or receive, they are welcome to do so, and this should be respected. Members may also share contact information with each other in order to share resources outside of the group setting. We ask that all resources that are shared are positive and helpful. If members are not interested in a shared resource, that should be respected. Remember, the more you give of yourself during the support group session, the more you will receive. The more honest and open you are, the more you allow for insight and growth.

Membership:

Members and co-facilitators: Free membership for all members. Postpartum Mamas thanks you kindly for any donations received upon which 50% is contributed towards our Mamas Mental Health Fund to help mothers in mental health crisis. Suggested \$59 annual registration donation.

Members may also purchase our optional nine-month PPM Curriculum (PDF Format) “PPM Kits” for a one-time fee of \$49 if desired to follow along at group.

Facilitators: Free membership for all facilitators and members. A “sample” PPM Support Group Video is provided on our homepage as an example on how to lead group. It is up to the discretion of the facilitator if they desire to lead their group for each following year. We kindly ask for a one-year commitment. Suggested \$59 annual registration donation

PPM requires that each facility purchase our “PPM KITS” of \$150, which includes nine months of PPM content to lead their groups. We require that each facilitator commit to leading the nine-month curriculum for the calendar year which includes once a month or twice a month support groups chosen on a consistent day/time of the month each month. We ask that in case of any emergencies, and a facilitator is unable to continue leading their group for the calendar year, that the facilitator notify PPM at least two months in advance to cancel membership so that PPM has appropriate time to find another facilitator to lead the group. We request that the facilitator ask their group co-facilitator if they are interested in this role as well as notify the Founder of any changes.

Facilities: Hospital/Churches: \$100 one-time Curriculum Fee, or \$150 PPM Kit Fee which includes the Curriculum and the 9 healing module videos. Once a month Meetings: ANNUAL Suggested registration donation Options are \$767 for 1 table/group of 13 mothers, \$1534 for 2 tables/group of 26 mothers, and \$2,301 for 3 tables/groups of 39 mothers. The monthly fee includes ten to thirteen members, Any facility with more than three tables are free.

Additional groups can be grown and added to new tables as members grow. (Providing once a month support groups with various tables and facilitators per group at one scheduled day and time per month only.)

50% of PPM proceeds goes directly back to the PPM mothers we serve in our Postpartum Mamas Mental Health Fund.

The purpose of incorporating Postpartum Mamas Program into your facility will be to provide this once a month or twice a month support group which can also grow over time depending on the needs of the members with various tables and facilitators per group, at one scheduled day and time per month only.

Facilitators and co-facilitators will attend the facilitator trainings and meet three times a year to discuss any information or concerns that needs to be discussed or resolved within each group. We ask that the appropriate conflict-resolution skills are used and what is spoken about in the meetings remain confidential. **These facilitator meetings**

will occur in September, January, and May for the duration of one hour at a location, day and time chosen by the facility.

PPM requests that facilitators overview and have knowledge of each monthly topic and handout in the PPM Curriculum that correlates with each month in order to lead their group most effectively. PPM Healing Module Videos are also available for purchase for \$100, along with the “Postpartum Mamas Kit” for \$175 which includes both the PPM Curriculum and the nine PPM Healing Videos. There will also be a “sample” PPM Support Group Video uploaded so that facilitators can learn and fully comprehend the structure, format, rules and guidelines of the group, as well as to understand the expectations required of them to lead their own groups in the future. There will also be required trainings three times during the year for Facilitators and Co-Facilitators which will be held every September, January and May for the duration of one hour at a location chosen at the discretion each facility.

Consent

Please fill out the top and bottom of this form. The bottom portion of the form is for your records and the top portion of the form will be kept on file. Thank you!

Group Consent Form—Name of Group:

I have read the above information, understand the information, and agree to the terms of group participation. I understand that Postpartum Mamas facilitators are not trained to offer mental health assistance or counseling services and that Postpartum Mamas will not be held liable for the actions of its members, either in meetings or out of them.

Anyone experiencing suicidal thoughts should contact 911 or call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). If anyone discloses intentions or desires to harm themselves, their children, or others, PPM is legally obligated to contact authorities for the safety of all involved. Anyone experiencing severe cases of postpartum depression we advise calling emergency services and anyone needing assistance with postpartum depression we advise calling a local psychiatrist, a counselor, and the Postpartum International hotline at 1-800-9444773 or text 503-894-9453. Signature of Group Member: Printed Name of Group Member:

Date:

Signature of Facilitator:

*****CLIENT’S COPY*****

I have read the above information, understand the information, and agree to the terms of group participation. Signature of Group Member:

Printed Name of Group Member: Date:

NON-DISCLOSURE AND CONFIDENTIALITY AGREEMENT

By executing this Confidentiality Agreement (the "Agreement"), dated as of the _____ day of _____, 2020, (the "Person") hereby acknowledges that it has had and/or will have access to certain non-public, confidential, or proprietary information (the "Confidential Information") relating to the business concept, business operations, and matters associated with OLIVIA SHERIDAN/POSTPARTUM MAMAS, INC. and/or their clients, affiliates, subsidiaries, etc. (collectively, the "Business") by virtue of its relationship with the Business, and the Company agrees that all Confidential Information shall be kept confidential and that all right, title and interest in and to the Confidential Information shall remain the exclusive worldwide property of the Business.

1. Confidential Information.

Confidential Information includes certain non-public or proprietary information including but not limited to all information, whether oral or in writing, furnished to the Person, and all copies thereof, Agreements, business concept(s), business plan(s), revenue models, analyses, compilations, data, financial data, pricing information, client information, investment information, systems information, studies, operational information, or any and all other communications, documents, or information relating to the business of the Business. In addition, the Person will not communicate directly or indirectly with any person or entity that either the Person or its Person or its heirs, successors or assigns, knows has any agreement or relationship with the Business or any of its affiliates in connection with any matter which is the subject of the Confidential Information, without the prior written consent of the Business.

2. Non-Disclosure.

The Confidential Information shall: (a) not be used by the Person or its heirs, successors or assigns, in any way that may be detrimental to the Business or its affiliates; (b) not be disclosed by the Person or its heirs, successors or assigns, in any manner whatever, in whole or in part, without the prior written consent of the Business; and (c) not be used by the Person or its Person or its heirs, successors or assigns, directly or indirectly, for any purpose other than to assist the Business.

3. Information in the Public Domain.

This Agreement does not apply to any information which becomes generally available to the public or is generally available in the public domain, other than as a result of a disclosure in violation of the provisions of this Agreement.

4. Return of Confidential Information.

If the relationship between the Business and the Person is terminated, for any reason whatsoever, or if the Business so requests for any reason whatsoever, the Person will promptly, upon the request of the Business, deliver to the Business or destroy, as the case may be, all Confidential Information furnished by the Business or its representatives to the Person or its heirs, successors or assigns, or prepared

by the Person or its heirs, successors or assigns, constituting or containing Confidential Information, without retaining copies thereof. The Person's obligations hereunder shall continue in full force and effect notwithstanding any termination of the relationship between the Business and the Person.

5. Non-Competition.

During his/her involvement with the Business, and for a period of one (1) year after the termination of said relationship for any reason, the Person shall not, directly or indirectly:

- (i) for consideration or otherwise, compete in any manner with the Business, whether directly or indirectly;
- (ii) induce or attempt to induce any individual involved directly or indirectly with the Business to engage in other activities;
- (iii) induce or attempt to induce any individual involved directly or indirectly with the Business to terminate his/her or his/her association with the Business;
- (iv) make use of or interfere with substantial relationships of the Business; (v) attempt to make use of or to misappropriate any good will of the Business; or (vi) commit any act defined as an act of unfair competition under applicable law.

6. Non-Solicitation

During the term of this Agreement and continuing for 12 months after the termination hereof, neither Party shall directly or indirectly, for its own account or for the account of others, urge, induce, entice, or in any manner whatsoever solicit any employee or affiliate/member or other the Business party without the express written agreement of the Business.

7. General Terms

Neither party may assign its rights or obligations under this Agreement without the consent of the other party, which consent shall not be unreasonably withheld.

This Agreement shall be binding upon and inure to the benefit of the respective affiliates, subsidiaries, associates, successors and assigns of the parties hereto.

The covenants, representations and warranties of the respective parties hereto shall survive the termination of this Agreement.

This Agreement shall be deemed a State of Washington contract and shall be construed in accordance with the laws of the State of Washington.

IN WITNESS WHEREOF, the parties have executed this Agreement as of this ____
____ day of _____, 2022.

POSTPARTUM MAMAS, INC. PERSON

BY:

NAME:

TITLE:

Postpartum Mamas Mental Health Fund

50% of PPM Proceeds will go directly back into **our Postpartum Mamas Mental Health Fund** in order to further support the mothers that we serve and to giving tangible Mental Health Resources for them when in need or in crisis. This will be an application process on our website approved by our Board of Directors per application. Please allow 1 to 2 weeks to process application and receive a response.

Please know we will do our best to bless our mothers depending upon the current amount of funds Postpartum Mamas has and your particular Mental Health need. Please email this form to Postpartummamas@yahoo.com or you can also submit online on our website under Forms.

Our hopes are to provide all mental health assistance including but not limited to counseling appointments when needed, mental health and postpartum pregnancy doctors appointments, holistic doctors appointments not covered by insurance such as acupuncture and massage to reduce anxiety, midwife and doula appointments, babysitting/childcare assistance, cleaning assistance, meal trains and meal assistance, grocery assistance, self-care retreat assistance, fitness/health management assistance, bible retreats assistance, personal wellness assistance, educational/career assistance to pursue degrees or contribute towards schooling or vocational certificates, women/mother empowerment to achieve her dreams.

We are here and always will be here for all the mothers we serve and hopeful that the more donations we receive, the more we will be able to achieve these goals and the mission of Postpartum Mamas.

Name:

Address:

Email:

Phone:

Children:

Amount Requested:

Description of Mental Health Needs or Crisis: (You can attach more details if needed via email)

Postpartum Mamas Resource Book List

September: Suicide Prevention:

Grief/Loss/Anger/Guilt/Pain/Overwhelm/Loneliness/Persecution/From Ashes to a Ray of Hope/Freedom from Mental Bondage:

- 1) *Redemption: Freed by Jesus from the Idols We Worship and the Wounds We Carry* by Mike Wilkerson.

October: Mental Health Month: Depression and Postpartum Depression/Out of the Shadows/Forever Redeemed, Hopeful, and Saved:

- 2) *Good Moms Have Scary Thoughts* by Karen Kleiman and Molly McIntyre
- 3) *This Isn't What I expected: Overcoming Postpartum Depression* by Karen Kleiman
- 4) *Down Came the Rain: My Journey through Postpartum Depression* by Brooke Shields
- 5) *Living Beyond Postpartum Depression: Help and Hope for the Hurting Mom and Those Around Her* by Jerusha Clark
- 6) *Fight Forward Reclaim the Real You* by Brenda Crouch
- 7) *The Postnatal Cure: A Complete Guide to Rebuilding your Health and Re-claiming your*

Energy for Mothers of Newborns, Toddlers, and Young Children by Dr. Oscar Serrallach 8) *Battlefield of the Mind* by Joyce Meyer

November: Infertility/Miscarriage/Infant Loss/Pregnancy Complications/God's Glory, Mercy, and Divine Plan:

- 9) *Coping with Infertility, Miscarriage, and Neonatal Loss: Finding Perspective and Creating Meaning* by Amy Wenzel
- 10) *In Due Time: Hope and Encouragement in the Waiting* by Caroline Harries
- 11) *When God Says "Wait". navigating Life's detours and delays without losing your faith, your friends, or your mind*
- 12) *Not Pregnant* by Cathie Quillet

January: Vocational Goals and Dreams:

- 13) *The Success Principles: How to Get from Where you Are to Where you Want to Be* by Jack Canfield
- 14) *The Purpose Driven Life* by Rich Warren

- 15) *Become A Better You: 7 Keys to Improving Your Life Everyday* by Joel Osteen
- 16) *It's Your Time: Activate Your Faith, Achieve Your Dreams, and Increase in God's Favor* by Joel Osteen
- 17) *Thou Shall Prosper: Ten Commandments for Making Money* by Rabbi Daniel Lapin
- 18) *The Total Money Makeover* by Dave Ramsey.
- 19) *The Magnolia Story*: by Chip and Joanna Gaines
- 20) *An Intentional Life: A Life-Giving Invitation to Uncover Your Passions and Unlock Your Purpose* by Karen Stott.
- 21) *Girl, Stop Apologizing: A Shame-Free Plan for Embracing and Achieving Your Goals* by Rachel Hollis
- 22) *Girl Wash Your Face* by Rachel Hollis
- 23) *Leadership Secrets of Jesus* By Mike Murdock
- 24) *The Power to Have it All* by Bob Proctor

February: Boost your Self-Esteem/Self-Worth identity/Self-Worth/Unashamed/SelfCompassion:

- 25) *Uninvited: Living Loved When You Feel Less Than, Left Out and Lonely* by Lysa Terkheurst
- 26) *Self-Esteem: The Cross and Christian Confidence* by Alister McGrath and Joanna McGrath
- 27) *The Biblical View of Self-Love, and Self-Image* by Jay. E Adams
- 28) *Overcoming Negative Self-Image* by Neil T Anderson and Dave Park
- 29) *It's Not Supposed to be This Way: Finding Unexpected Strength when Disappointments leave you Shattered* by Lysa Terkheurst and Jolene Barto
- 30) *Knowing God* by J.I Packer
- 31) *Lies woman believe and the truth that sets them free.* By Nancy Wolgemuth and Dannah Gresh
- 32) *Daring Greatly: How the Courage to be Vulnerable transforms the Way we Live, Love, Parent, and Lead* by Brene Brown
- 33) *Braving the Wilderness: The Quest for True belonging and the Courage to Stand Alone* by Brene Brown
- 34) *Fierce Woman: The Power of a Soft Warrior* by Kimberly Wagner
- 35) *Women of Splendor: Discovering the Four Facets of a Godly Woman* by Linda Weber

March: Personal Wellness/Nutrition/Healing Techniques/Inner Healing/Self-Care/Healed and Mended:

- 36) *Switch On Your Brain* by Caroline Lief**
- 37) *Eat Right for your Type* by Dr. Peter D' Adamo**
- 38) *Care of the Soul* by Thomas Moore**
- 39) *Emotions: Can You Trust Them* by Dr. James Dobson**
- 40) *The Language of Letting Go: Daily Meditations for Codependents* by Melody Beattie**

April: Month of the Spirit/Anxiety/Fear/Peace/Blessings/Faith:

- 41) *Anxious For Nothing: Finding Calm in a Chaotic World* by Max Lucado**
- 42) *Highly Sensitive Person: How to Thrive When the World Overwhelms You* by Elaine Aron**
- 43) *The Anxious Christian: Can God Use Your Anxiety for Good?* by Rhett Smith**
- 44) *Overcoming Fear, Worry, and Anxiety: Becoming a Woman of Faith and Confidence* by Elyse Fitzpatrick**
- 45) *Fierce Faith: A Woman's Guide to Fighting Fear, Wrestling Worry, and Overcoming Anxiety* by Alli Worthington**
- 46) *Still: 7 Ways to Find Calm in the Chaos* by Jenny Donnelly**
- 47) *Loving God with All your Mind* by Elizabeth George**
- 48) *A Ready Defense* by Josh McDowell**
- 49) *The Power of a Praying Woman* by Stormie Omartian**

May: Celebrating Motherhood/Positive Parenting Skills/Struggles Through Motherhood/Pain/Remembering The Lost/Forever Hope:

- 50) *Positive Discipline* by Jane Nelsen**
- 51) *Sheparding a Child's Heart* by Tedd Tripp**
- 52) *The Five Love Languages of Children* by Gary Chapman**
- 53) *Rasing Giant Killers: Releasing Your Child's Divine Destiny* by Bill Johnson**

- 54) *Triggers: Exchanging Parents' Angry Reactions for Gentle Biblical Responses* by Amber Lia and Wendy Speake
- 55) *No Drama Discipline: The Whole Brain Way to calm the chaos and Nurture Your Child's Developing Mind* by Daniel Siegel
- 56) *The Power of a Praying Wife* by Stormie Omartian
- 57) *Parenting: 14 Gospel Principles That can Radically change your Life* by Paul Tripp
- 58) *Nothing to Prove* by Jennie Allen
- 59) *Get Out of Your Head* by Jennie Allen
- 60) *Be Angry But Don't Blow It* by Lisa Bevere
- 61) *Start With the Heart* by Kathy Koch
- 62) *The Whole-Brain Child* by Daniel Siegel

**June: Support Systems/Community-Social-Family-
Interpersonal/Marriage/Unconditional Love and Support/Grace, Mercy,
Forgiveness for Ourselves and Others/Justice/Security and Safety at Home on
the Throne:**

- 63) *This Momentary Marriage* by John Piper
- 64) *Whole Marriages in a Broken World: God's Design for a Healthy Marriage* by Gary Inrig
- 65) *I Can Only Imagine* by Bart Millard of Mercy Me
- 66) *The 5 Love Languages: The Secret to Love that Lasts* by Gary Chapman
- 67) *Building Stronger Families: Family Enrichment in the Home, Church, and Community* by Royce Money
- 68) *Marriage Connections: Devotions for Couples* by Greg Laurie
- 69) *The Love Dare* by Stephen and Alex Kendrick
- 70) *The Practice of Godliness* by Jerry Bridges
- 71) *Move Past your Pain: Discover Your Purpose/Overcoming Negative Generational Patterns to Achieve Your Best Life* by Dr. Mary M. Simms
- 72) *How to Love a Porcupine: Dealing with Toxic & Difficult to Love Personalities* by John L. Lund
- 73) *Created to be His Help Meet: Discover How God Can Make your Marriage Glorious* by Debi Pearl
- 74) *The Excellent Wife: A Biblical Perspective* by Martha Peace
- 75) *Wild At Heart: Discovering the Secret of a Man's Soul* by John Eldredge

- 76) *Experiencing God Together: God's Plan to Touch Your World* by Henry T. Blackaby and Melvin D. Blackaby**
- 77) *Boundaries in Marriage* by Dr. Henry Cloud and Dr. John Townsend**
- 78) *Lies At the Altar: The Truth About Great Marriages* by Dr. Robin Smith**
- 79) *The Two Sides of Love* by John Trent and Dr. Gary Smalley**
- 80) *The DNA of Relationships* by Dr. Gary Smalley**
- 81) *The Blessing: Giving the Gift of Unconditional Love and Acceptance* by Dr. Gary Smalley**
- 82) *Love is a Decision* by Dr. Gary Smalley**

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths.” Proverbs 3: 5-6”

Founder’s Educational Biography

* While attending Carlsbad High School, chosen from a panel of community counselors and professionals to be a Peer Advocate Counselor. Counseled over 800 students experiencing variety of issues including bullying, depression, anxiety, educational barriers, suicidal thoughts, discrimination, and social and family struggles. Served on the counseling panel and interviewed incoming students in addition to counseling. The goal was to provide a safe and confidential place for teens to come into our counseling office providing encouragement and hope. A memorable experience was counseling a teen boy deeply contemplating suicide. After several sessions of therapy, he relayed to his mother that he once again felt purpose in his life with newfound hope.

*Actively involved in the Students Against Drunk Driving Program speaking and advocating against drinking and driving for the safety for all students.

*Volunteered at the Women’s Resource Center helping mothers experiencing domestic violence. Facilitated activities with their children while they attended group counseling sessions.

*Involved in the Juvenile Justice Program with Carlsbad Police Department. Served on a panel to assist juvenile offenders by offering alternative consequences to divert youth from the criminal justice system.

*Received \$5,000 Gilman Scholarship and \$2000 American Institute of Foreign Study to study Spanish in country of origin at the Universidad del Belgrano in Buenos Aires, Argentina in a sixmonth cultural immersion program.

*Dean's List G.P.A **3.5** in academic years of college in the Fall 2003, and the school years of 2006 & 2007, and the Spring of 2007 at the University of San Marcos, CA.

*Assisted in creating the Gay/Straight Alliance Club at Carlsbad High School to help prevent discrimination and bullying that teens experienced in school. Collaborated with school principal in meeting with the City Council in monthly meetings for the duration of one year to get approval for permanent integration into the High School. Club is still evolving to this day sixteen years later.

*Attended Cal State University San Marcos, receiving a Bachelor's Degree in Human

Development with an overall **G.P.A. of 3.3**. Studied child psychology, abnormal psychology, clinical psychology, child development, diversity & discrimination, meditation and healing, social services, attachment theories, and bio-psycho-social psychology. Studied domestic violence, divorce, and attachment theories with parental figures and family upbringing.

*Employed as a Social Support Facilitator/Resource Counselor for individuals with developmental challenges ranging in ages from childhood into adulthood including Mild Mental Retardation, ADHD, Dementia, Down syndrome, Autism, Alzheimer's disease, and

Schizophrenia. Assisted with daily living skills and counseling services for individuals with disabilities and mental health needs to foster development of independence, and community integration. Assisted teens recovering from drug addiction, facing homelessness, domestic violence, rape, and battling for custody of children. Provided personal representation as a facilitator in court hearings.

Accepted into Graduate Programs of Social Work at the University of Washington Seattle,

University of Washington Tacoma, San Diego State University, and California State University

Long Beach. Attended University of Washington Master of Social Work program in Seattle,

Washington, with a college **GPA of 3.8** for first year completed. Studied parental behaviors and effects on children's self-esteem, insecure parental attachments, human trafficking, and cognitive and behavioral effects from divorce.

*While attending Master of Social Work program, interned at Swedish Hospital assisting and counseling pregnant mothers with heroin addiction. Counseled them in the recovery process by leading group counseling sessions and attending mandatory AA meetings.

Olivia Sheridan

Founder

President Board of Directors

Gig Harbor Facilitator

Gig Harbor, WA

"With God all things are possible."--Matthew 19:26

Founder's Personal Biography

Olivia is a single mom and stay-at-home mother to her three children Elliot, Ethan, and Coralia and homeschools her oldest child. Her family deeply values their Christian faith. Olivia's personal journey as a mother of three and her past trauma experiences with five miscarriages, infertility, an alcoholic and deceased father, domestic abuse, divorce, depression, postpartum depression, and anxiety are what led her to create Postpartum Mamas.

Olivia's parents divorced when she was eight years old. Her father was an alcoholic who was very loving and compassionate, and her mother worked full time to provide for the family. Olivia feels that she

missed out on a lot of traditional family time as a child and that both she and her younger brother had to grow up and mature quickly. She always longed to create a family of her own and be a stay-at-home mom to her children, teaching them about God and the importance of family. Olivia's father died of lung cancer and sepsis during Olivia's schooling in her Master of Social Work program in 2011, just six months after he walked her down the aisle to get married. It was a very painful loss for her. Later that same year, Olivia's stepfather left Olivia's mother and the family. They subsequently divorced from a twelve-year marriage.

Olivia's experiences with her family were contributors to the depression she struggled with in the early years of her marriage, and which she also experienced throughout her adolescence. Olivia experienced severe panic attacks and anxiety throughout her college years and received many years of counseling to learn positive coping mechanisms. Olivia has remained close with her stepmother and mother, who have been positive and supportive mentors in her life.

Olivia gave birth to their first child in 2012 and then experienced a series of five miscarriages. These miscarriages included an ectopic pregnancy, a chemical pregnancy, a miscarriage at twelve weeks pregnant, and then a loss of their baby girl at four months pregnant due to Down syndrome and then a loss at 10 weeks pregnant in 2020. She also experienced continuous infertility between the years of 2013 and 2016. During that time,

Olivia underwent laparoscopic testing, endometriosis removal, progesterone treatment, an HSG test to check her fallopian tubes, and many series of blood tests and ultrasounds. She became successfully pregnant three years later with their rainbow baby boy, and then just seven months after he was born, they quickly and joyfully conceived their first daughter.

During her second pregnancy, Olivia was placed on bed rest at six months pregnant due to an open cervix. She gave birth to all of her babies at 38 weeks pregnant and was so grateful for their health. Olivia is also an avid runner and cyclist, and actively ran up until the birth of all her children, after the brief time on bed rest with her second child.

Olivia feels that her experience with infertility gave her an opportunity to reflect on her true purpose in life, develop and rely on her Christian faith, and gain a deeper sense of inner strength and courage to achieve her ultimate dreams.

God has blessed their family with three healthy children, and they are so grateful for their forever family. Olivia most importantly values showing her three children that they are so treasured and loved by Jesus. She reminds them daily that they are enough just the way God made them, and that the Lord has special plans in all of their lives.

Olivia experienced postpartum depression after the births of her second and third children. She began to really delve into her true purpose in life, feeling called to help others after experiencing the deep lows and loneliness from these experiences. Olivia is also passionate about advocating for a woman's needs during labor and delivery, after having two natural, unmedicated births herself. Olivia strives to break the stigmas and shame that may come along with pregnancy and labor complications, delivery preferences, and breast-feeding choice.

For both mothers and their children, obtaining proper postpartum care is vital to leading healthy, positive, and productive lives. According to national statistics, one out of seven mothers face postpartum depression after giving birth. This accounts for 600,000 postpartum depression diagnoses each year in the United States. Depression is the leading cause of disability worldwide. Almost 1 million people take their lives each year due to depression, according to the Anxiety and Depression Association of America. The need for more support is beyond overwhelming, and the devastating effects of not receiving the proper postpartum care are irreparable.

Obtaining immediate postpartum support is vital for mothers to be able to raise their children to the best of their abilities, flourish in society, and encourage their children to be positive and productive members of society as well.

In the summer of 2019, Olivia made an appointment with her doctor to receive necessary postpartum healthcare. She expressed to her doctor that she felt shame and a lack of support surrounding her mental health postpartum care. Her doctor assured her that Olivia is not alone, and that she sees five to seven patients every day who are experiencing depression or postpartum depression. Her doctor told her that she wishes more women would speak up about their experiences. This ignited a fire in Olivia to create Postpartum Mamas. Olivia recently brought the completed program back to her doctor and she

said she would share it with any of her patients who came to her seeking postpartum support. She also inspired Olivia to contact foundations to ask for support and funding to enable this program to be integrated into mothers' postpartum care nationwide.

Olivia began to ponder how she could make a positive impact on mothers in her community who have suffered similarly. She aspires to help mothers who have experienced depression, anxiety, postpartum depression, pregnancy complications, grief, loss, and infertility. She also hopes to help remind mothers that they, too, are unconditionally loved and valued, that their stories and experiences are unique, and that they are enough just the way they are no matter what they have experienced. With faithful prayer, Olivia feels that God is now bringing her out of her darkness and past her suffering. Her trials have given her the inspiration to create Postpartum Mamas with the hope that she can make a positive difference by building support groups for mothers experiencing similar sufferings.

The need is beyond overwhelming for better postpartum support for mothers, and Postpartum Mamas is excited to assist mothers locally while also pursuing the expansion of vital postpartum healthcare for mothers and their children across the country.

Jessie Melcher

Co-Founder

Gig Harbor Facilitator

Gig Harbor, WA

“For God has not given us the spirit of fear and timidity, but of power, love and self-discipline.”
2 Timothy 1:7

Co-Founder Jessie Melcher’s Biography

Jessie Melcher is first a daughter to the highest King, wife to her high school sweetheart and a mother to her 4 children, Natalie, Rosalie, Odin and Malakai. Her journey of motherhood she describes as “becoming.” She boldly shares that we as mothers haven’t “lost” ourselves; and going back isn’t the answer; rather embracing the new and letting motherhood refine and grow us. Her journey into advocacy for women’s health started with her own health at the age of 19 where she quickly realized women just weren’t heard or taken seriously. When her and her husband started a family; she dove headfirst into advocating for her desired birth with an intent to bridge the gap between patient care and hospital protocol. She partnered with a midwife who advocated with her and she experienced four unmedicated water births in five years’ time. What she hadn’t prepared herself for and what was never addressed was postpartum depression. Jessie experienced PPD (fear, anxiety, anger, sadness, over productivity, obsessive behaviors and restlessness) with all four of her children; different every time. Her hope is to normalize the conversations of PPD among mothers, mothers and their spouses and create a true tangible resource for mothers to grab onto as they transition through the ever-changing seasons of motherhood. Jessie is also an entrepreneur; helping woman with self-care and wellness through nontoxic solutions. She’s been in the health and wellness industry for five years; helping women understand nutrition; food freedom and how to fuel their bodies to feel their best.

Jessie obtained a Bachelor’s degree in Psychology with a concentration in Child Development from The University of Washington in 2011. She enjoys spending time with her children; dreaming and adventuring with her husband and empowering others to chase their God given dreams and destiny. She’s a professional snuggler, chronically loses her keys and phone, enjoys one on one conversation, dancing, gathering friends around a table for good food and conversation and watching musicals.

Her and her family strive to carry out their family mission to leave people better off than they found them.

Linda L. Ledesma
Vice President Board of Directors
Supervises California Support Group

Linda is retired and finally enjoying life as a fulltime wife (43 years), mother, grandmother, & friend to many. She has been recently widowed in 2021, has lost her beloved soulmate and husband.

Employment:

Retired from City of Carlsbad, California, after serving for 27 years as Coordinator of the Carlsbad Police Department's Juvenile Justice Program for at-risk youth.
Counselor for Carlsbad Police Dept. GUIDE Program (Greater Understanding through Intervention, Diversion & Education)
Youth Counselor @ Centro Youth Service in Oceanside, CA.
Counselor for the North County Chicano Federation
Program Director for Carlsbad Boys Club
Teacher's Aide for Carlsbad Unified School District/ Head Start Program

Advisory Boards:

Carlsbad High School Peer Advocates Program (with Joyce Kistler)
Tri- City Hospital Community Advisory Board
New Village Arts Theater
Mana/Hermanitas North County
Carlsbad YES (Youth Enrichment Services)

Awards:

Kiki Camarena Law Enforcement Award /Red Ribbon Week
Carlsbad Police Department Civilian of the Year

Interest:

I have personally experienced heart-breaking loss in my lifetime; thus I have developed a strong, faith-based passion for all things related to young women who are faced with making difficult decision regarding life changing circumstances. I am extremely supportive of the Postpartum Mamas Program due in large to the fact that Olivia Sheridan is the Founder/Director. I first met Olivia as a young teen, when she interviewed to serve as a member of the Peer Advocates Program for Joyce Kistler at Carlsbad High School. I was delighted to have her serve as a teen member of my Juvenile Justice Panel at Carlsbad Police Department. She always displayed keen insight & maturity when dealing with sensitive issues. Over the years I have seen her blossom into an amazing young woman, full of genuine concern for others, even while experiencing her own personal hardships. I continue to be amazed at her ability & perseverance to help others, while also being a loving wife & devoted mother, as well as continuing to pursue her purpose with Postpartum Mamas. I truly believe that whatever she dreams will someday become a successful reality.

Paige Patterson
Treasurer Board of Directors
North Carolina Facilitator
Certified Life Coach

Born and raised in sunny Southern California, Paige has always had a passion for physical activity, motherhood, intimate friendships, encouragement and serving others.

Having gone through very difficult life situations, she has always found solace in her faith which centered and allowed her to thrive in sports, close and nurturing relationships that were supportive and non-judgmental along with organizations that met her where she was in whatever life stage she encountered.

Through all of those provisions, she always recognized and desired to offer her gifts and passions to come alongside anyone who needed support and provide a safe and nurturing space for them to rest and be encouraged in, no matter what they were going through.

Paige feels that Postpartum Mamas is one of the few organizations that enables women, like herself, a single, working mother of five, to help and come alongside each other in an environment that fosters safety, trust, love, and hope in one of the most vulnerable times in one's life, sacred motherhood. She finds exuberant joy to serve any and all that brave themselves to ask for friends and confidants during the most joyful and unraveling period of a woman's journey. Paige is working towards her Life Coaching Certification and has individually coached and greatly improved the mental health of many woman and mothers with a variety of personal and relationship concerns within Postpartum Mamas and beyond and we are very grateful for her coaching expertise to help others. We value your feedback so that we can continue to encourage and foster positive growth and healthy connections.

Lacey Mund
Director Board of Directors
Gig Harbor Facilitator
Silverdale, Wa

Lacey Mund is a military spouse and mom of six- three bonus children and three carbon copies. Before Lacey began pursuing a career in Real Estate, she worked professionally in healthcare. She was enrolled at Olympic College, focused on becoming a Lactation RN, up until the birth of her youngest son. She decided to stay home with her children during her husband's record-breaking deployment as it coincided with the COVID-19 shut down. As she experienced life postpartum with her infant, older children, and deployed spouse during the pandemic- it became immensely clear she needed more support. That's when she found Postpartum Mamas.

Many of Lacey's passions have evolved through motherhood, such as breastfeeding, childbirth education and mental health. She became passionate about mental health through her own journey as she deeply struggled with postpartum depression and postpartum anxiety after the birth of her second child in 2014. She attempted suicide and was later diagnosed with Bipolar II. The shame and isolation she felt during that time and years after is what has driven her to become a mental health advocate and candidly share her story. Her goal is to help put an end to the stigma that still surrounds mental illness.

Lacey said, "I'm embracing the opportunity to help empower and care for mothers. This organization is a resource we need. It's already given many mamas hope and a sense of community. Navigating the journey to wellness is not always an exponential rise, sometimes it comes in waves. We need the tools to help us cope when the seas get rough. PPM is like a life raft when we feel like we are drowning. It not only gives mothers the support we need to keep us afloat but helps us thrive."

Charles Mund
Board of Directors Director
Marketing
Silverdale, WA

Charles Mund is a devoted husband, proud father/stepfather of 6 and has a long professional career as an Active-Duty Navy Chief Petty Officer with 16 years of service. His commendations range from 6 Navy and Marine Corps Achievement Medals, Joint Armed Forces, and Military Volunteer Service medals. He has deployed aboard the USS Theodore Roosevelt, multiple tours in the Kingdom of Bahrain and most recently an 11-month cruise on the USS Nimitz during the COVID-19 pandemic. He has held command titles in Helicopter, P-8A and CVN's for Command Managed Equal Opportunity, Sexual Assault Prevention and Response Advocacy, and Suicide Prevention.

Charles is currently enrolled in Waldorf University seeking a B.S. in Organizational Leadership and has his A.S. in Administrative Management from Excelsior College and Joint Professional Military Education from the Naval War College. He has completed Military Apprenticeships in Computer Operations and Business Management while also being qualified as a Chemical, Biological and Radiological Training Specialist and as a Lean, Six Sigma Green Belt.

He has also seen successes in multiple roles outside of the Military as Chief Operating Officer of multiple companies. Personally, he has seen the heartache of Postpartum depression, anxiety, suicidal ideations and what the lack of education and togetherness can bring to a family.

Charles comes to us as a valued Board Member whose expertise in company growth, expansion and leadership will be truly invaluable to the future of Postpartum Mamas.

Shannon Murray MSN, ARNP, CRNA, PMHNP-BC

Spokane/Alabama Wiregrass Facilitator

Spokane, WA

I am very pleased to be serving on the Postpartum Mamas Board of Directors this year, as well as serving as a facilitator for the Wiregrass group. I have been a nurse for 18 years, and an Advanced Registered Nurse Practitioner, ARNP and Certified Registered Nurse Anesthetist, CRNA for 10 years. I have 5 years experience providing all the OB Anesthesia for Sacred Heart Hospital in Spokane, WA. I love working with the Peri-Natal population and want to see you succeed through your motherhood.

I am also a Board Certified Psychiatric Mental Health Nurse Practitioner, PMHNP-BC. I own and operate a 100% tele-psychiatry practice that is Christian based. I offer diagnosing, medication prescribing and management, as well as therapy. I specialize in Peri-Natal mental health, as well as anxiety disorders, depression, PTSD, Bipolar disorder, ADHD and personality disorders. I look forward to working with you to help you reach your full potential and conquer any challenges you may be experiencing.

I am also currently working on my Perinatal Mental Health Certification through Postpartum Support International. I will be finished with this January 2023. This is an additional optional certification with a specialty in perinatal mental health and there are less than 1000 mental health providers with this certification in the United States.