

Mother to Mother BiWeekly Newsletter 7-16-2010

Linda Meyer, Executive Director

The St. Louis Walk for Depression

The walk is on Saturday, August 14 from 8-12 p.m and the location is Tower Grove Park. There will be a Mental Health Expo where we will have a booth from 8a.m.-12 p.m. along with 49 other mental health organizations. A few of the "Walk" sponsors are the Family Mental Health Collaborative, St. John's Behavioral Health, Schnucks and Y98.

Our goal this year is \$5,000, so far we are at \$195, we have a long way to go! We now have a team page and three walkers, com join us! You can sponsor the Mother to Mother team or sponsor a walker. Log on and read our stories. The money we raise stays within our organization. We are looking forward to your support. August 14th is our day!

<http://thewalkstl.org/>

Steve Curran, Director of The Walk will be on Fox2 this Saturday, July 17 around 8:10 a.m. for an interview about the St. Louis walk and The Walk to Washington.

Trivia Night

A committee has been formed and will be meeting this Saturday 7/17 to discuss details of the event. We are happy to announce that Mark Rethemeyer, Director of the Moolah Shrine Circus will be Emcee! We will have a silent auction again this year, along with raffles, balloon pop etc.. Fun will be had by all, come and get your groove on and support Mother to Mother! A link to the flyer is now available on our website

www.mothersupport.org

Perfectionism May be a Risk for PPD

A Chicago Press article discusses how perfectionism contributes to PPD in first time moms <http://chicagopressrelease.com/news/perfectionists-at-risk-for-postpartum-blues>

Thank You!

I want to send thanks out to Angela Staples for manning the phone line while I was on vacation last week.

The Walk for Depression

Please save the date for the Walk for Depression on **Saturday, August 14** from 8-2 p.m at Tower Grove Park. Our goal this year is \$5,000. You will have an opportunity to walk or sponsor a walker in support of Mother to Mother and the money we raise stays within our organization. We are looking forward to your support.

<http://thewalkstl.org/>

Angela Borisch Staples, Director of Volunteers

Volunteer Opportunities:

* 8/7/10 ~ 11a ~ Progress West Hospital prenatal presentation

* Our annual Trivia Night is in less than two months and I'm looking for volunteers to help that evening with set-up, registration, runners, refreshments, judges and overseeing the auction/check-out. Are you interested? Please say yes! If you're available during the day you can help with set up. If you only have a few hours I can find the perfect job for you. If you can help the entire night I will keep you busy! Please contact me right away and I'll find the perfect task for you.

Angela ~ 636.220.9669 ~ ARBStaples@gmail.com

e-Script

Please don't forget to use your e-scrip card with all of your purchases. Thank you!

Trivia Night!

Come one! Come all! Support Mother to Mother at the grooviest of all Trivia Nights: **Friday, September 10, 2010** (6:45 p.m.-10:30 p.m.) Copy and paste the address below into your browser for the Mother to Mother web site which contains the flyer and reservation form: <http://www.mothertomothersupport.org/> There is also a printable flyer attached with this newsletter.

There will be a Trivia Night committee meeting this Saturday 7/17 at 9 a.m. at Panera Bread Co. in Des Peres, starting at 9 am. Please email GERALYN Oldham with any questions gao4801@charter.net

Have a great week!

Stephanie and Linda

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