



Baby Blues Connection

Helping Mothers and Families Since 1994

January 2010

Editor: Angie Fitzpatrick

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Our Common Mission

Baby Blues Connection is proud to present our first newsletter of 2010, dedicated to the members of our Resource List. We are eternally grateful to work with them and have them as partners in the common mission of providing services that support, inform and educate women and families coping with pregnancy and postpartum mood disorders. We would like to highlight four women doing remarkable work with new mothers and their families.

Adriana Azcarate-Ferbel is a Naturopathic Physician at La Botanica Natural Medicine. She has a special interest in working with women with postpartum mood disorders. "I am a mother of a 4 year old, and everyday I remind myself to breathe," she says. Her goal is to help women to feel better and improve their life by supporting their body's ability to make and balance its own mood-balancing neurotransmitters and hormones. In this way, they can achieve better sleep, self esteem, life drive, and more balanced moods. She also volunteers with BBC answering calls on the Spanish phone line and as a SE group facilitator.

BBC inspires the women who receive help to give back. After receiving support, **Rebecca York** became a BBC volunteer, and recently was hired as our volunteer coordinator. Her philosophy on counseling is "*sometimes we all lose our way.*" She is a trained social worker committed to helping others with the often overwhelming transitions that can occur throughout life. She believes, "We are all doing the best we can and sometimes we need help weeding through the emotional clutter to get in touch with our intuition." She specializes in pregnancy and postpartum adjustment, life challenges and transitions, building coping skills, post traumatic stress, stress management, anxiety and depression.



Mychelle Moritz is an art therapist and a licensed professional counselor with a special interest in helping mothers and families. She co-founded **Nurture**, which offers a range of services to growing families including counseling, massage therapy, acupuncture, naturopathic care, childbirth education, midwifery care, lactation support, parenting group support, workshops, and much more. Nurture has recently launched a new on-line community **forum**. The forum provides a virtual tour of their building, a special space for all groups meeting at Nurture, news and updates, as well as a forum for discussions, questions, suggestions, ideas, and sharing resources. All are encouraged to join in and

Contact Us

Portland, OR:

503-797-2843

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360-735-5571

Visit our [web page](#) and become a member today!

Find us on Facebook and join our Facebook cause:

Help Spread the Word about Baby Blues Connection

2009 Donors

\$5000 and up

Cedar Hills Hospital Women's Services

\$2500 and up

Marcia Kahn & Howard Rosenbaum

\$1000 and up

Diane Solomon,
Leila Salmon,
Legacy Emanuel Children's Hospital & Legacy Woman's Services

\$500 and up

Keri Smith & Ian Slingerland, Steve & Tacey Jones, Dale N. Oller, Sandra Lewis

\$200 and up

Gloria Borg Olds, Harry & Nancy Rinehart, Joyce & Paul Schwer, Cindy Fontenot, Sam Rosenbaum, Teri Sprouse & 2 Monkees

\$100 and up

Amy Reiss, Ellen Boggs, Jane Harrison-Horner, Lisa Fieldhouse, Paula Wagenbach, Steven Rosenbaum, Susana Levin, Michael Blake, Mary M. Breithaupt, Rachel

find a place to tend to the heart, mind, and body, as well as a place to create, learn, nourish, and grow within a supportive group of families.

Legacy Health System has been a major donor and long time supporter of Baby Blues Connection. We share the mission of supporting the health and wellness of women, children and families. Driven by the advocacy of **Sandy Nipper, R.N.**, Legacy Emanuel offers a unique opportunity to increase safety awareness at the **Safety Store at Legacy Emanuel**.

Their goal is keep every child safe, including those with special healthcare needs. The Safety Store, designed to resemble a typical home, offers hands-on practice and one-on-one education to show visitors how to protect curious children.

The Safe Escape program also helps the parents of children with disabilities develop an emergency evacuation plan. The Safety Store was recently featured on the website of NACHRI, the National Association of Children's Hospitals and Related Institutions. [Read the full story here.](#)

Letter from Board President, Marcia Kahn



I'd like to share with you what an exciting time this is for **Baby Blues Connection**. We are in a period of rapid reorganization, and we end 2009 celebrating several dramatic results. We have:

- Revitalized the Board, adding several dynamic, energetic new members;
- Developed an on-going collaboration with Cedar Hills Psychiatric Hospital Women's Program, which includes a generous \$5,000 donation;
- Approved our first strategic plan;
- Launched our new website (thanks to Jocelyn Mozak of Mozak Design);

Although we still have a challenging task ahead of us, we have made an excellent start toward a secure financial future for BBC. In this newsletter, dedicated to the members of our resource list, I want to thank each of you for the support you offer in keeping Baby Blues Connection viable, and for your dedication in making services available to families in need. On behalf of the BBC Board, I wish you a happy and healthy New Year.

The Value of Group Support for New Moms



So many new mothers yearn for information:

How do I feed my baby in public?

How do I adjust to so little sleep?

When will my partner and I be back to normal?

These questions fill their early weeks, however new mothers are often looking for

Rosenbaum, Rachel Powers,
Tad Davis, Ann Howard,
David Willis & Oregon
Pediatric Society, Nicole
Cirino, Sue Blindheim,
Gaby Donnell & Laurie Cox,
Jillian Romm, Lois
Rosenbaum, Victoria Lane,
ABC Doula Service, Sarah
Oller Scott

Under \$100

Angie Fitzpatrick, Julianne
Shaw, Lisa Coss, Lynn Ketch,
Rita Hill, Barbara Hein, Brian
Gillard, Dori Olmsted,
Kimberly Schafbuch, Linda
Marshall, Lynne Phillips-
Werbel, Mary Rex, Michelle
Cullins, Pratima Rao, Stuart
Levy, Susan Dee Sauter,
Piccolina, Amy Dennis, Angie
Mead, Ann Lalum, Art Wells,
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Kristen Ell, Lorrie Leno, Luna
Prado, Mark Neuhausen,
Matthew Morrissy,
Meg Poehler, Robin Cozzolino,
Sharon Chatkupt Lee, Milagros
Boutique, Jen Greensted &
Wands for Wellness, Judy
Butler, Carol Stampfer

understanding and support more than just practical answers. Facilitators of new mom groups understand how valuable it is for moms to support *each other*. Moms often come to group concerned and tentative and leave more confident and assured. This transformation is remarkable and changes on a weekly basis!

When moms start to integrate the available support, they begin to blossom into confident, empowered mothers, and build their 'village' with other mothers. Many new mothers find friendships that continue for years to come.

As anyone who has raised a baby has certainly learned, women in community are generally happier mothers.

Written by Kimberly Bepler of ABC Doulas, long time supporters of Baby Blues Connection.

Upcoming Events

Celebrate with BBC May 1st, 2010 50's Style Cocktail Party

Martinis donated by Bendistillery
Chocolate donated by Bernard Callebaut



Desserts donated by My Favorite Muffin

Find your Mother's Day presents at
our auction!



Be a Helpful and Up-to-date Grandma

Classes offered on every second
Thursday of the month from 6-8 P.M.
at Alma Midwifery 1608 SE Ankeny

**To register or for more information,
contact: Vicky York 503.320.5811**

Baby Blues Connection is a Portland based non-profit focused on supporting pregnant and postpartum moms with depression and anxiety, as well as helping the at risk children by strengthening the bond between mothers and their children at this vulnerable and critical time.

Our mission is to prevent these families from becoming cut off in their distress and enable them to build a strong network of mom-to-mom support.

As mothers who have experienced perinatal mood disorders, we are keenly aware of the lack of information and support available.

Baby Blues Connection stands for this possibility...

Mother's will feel heard, acknowledged and supported, and will have informed resources to turn to, so that postpartum distress is lessened or eliminated and women do not feel alone or afraid.

