



Baby Blues Connection

Helping Mothers and Families Since 1994

September 2010

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Contact Us

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Her Story: Cara Ponzini-Beck

Cara Ponzini-Beck realized early on that something wasn't right. "I had just brought my baby home from the hospital and within days I couldn't sleep, was really anxious, and my heart was racing but there was nothing physically wrong."

Fortunately, Cara's husband Colin knew about postpartum depression and anxiety (PPD/A). "I didn't see her acting like she normally would in challenging situations. She was giving up when usually she would work harder." He was supportive about encouraging Cara to talk to her doctor and find a counselor.

[Read Cara's story here](#)

Win a trip to the beach Raffle tickets on sale through October 6th



There's still time to get your raffle ticket!
Support Baby Blues Connection and buy your chance to win!
Tickets are one for \$10, three for \$25. Buy as many chances to win as you like!

[Email us](#) if you haven't reserved raffle tickets and want to.

Property donated by Marcia Kahn & Howard Rosenbaum and Kathy Scrutton: A-1 Rentals (BBC volunteer Rose Knee's mother)

Volunteer Members

Adriana Azcarate-Ferbel
Alison Dohman
Amy Curtis
Andrea Meisgeier
Ann Obuchowski
Ashley Freeborn
Brooke Noli
Carol Lurix
Caroline Ponzini-Beck
Chris Olson
Christy Shaffen
Crissy Shaffer
Elsa Humara
Emily Chenoweth
Ginna Hoffman
Jocelyn Mozak
Karin Calde
Kate Gardner
Katherine Stewart
Krista Joy Arias
Kristen Beck
Leslie Oattis
Lisa Coss
Mariko Clark
Meghan Campbell
Meredith Caldwell
Michell Wasson-Messer
Misty Menashe
Paula Wagenbach
Rachel Goldberg
Monday Cyphers
Rose Knee
Stacie Orr
Stephanie Sass
Susie Miyayaga
Tacey Jones
Tammy Graham
Thelma Vega
Richard Coss
Sarah Keller

Volunteer

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.



BBC Provider: Lindsay McGrath

Our society creates an unrealistic expectation that all women will experience a trouble-free entry into motherhood. But the reality is that one in five women experiences some degree of PPD/A. Twenty percent of new mothers are experiencing isolation, despair, anxiety or exaggerated highs and lows right now.

Audrianna Gurr has personally experienced PPD/A and is passionate about helping new mothers in need. She is glad that word is getting out and that people are talking more about this treatable condition, which used to seem so invisible in our society.

“People are moving away from the extreme cases to understand that PPD/A is more than just a hormone shift. Many women experience a range of symptoms and really do need help,” Audriann Gurr.

In her private practice in downtown Portland, Audrianna works with new moms and couples. She counsels individuals, who are experiencing life changes, such as becoming a parent, and specializes in helping couples to cope with the changes in their relationship when they become parents. To find out more about her practice, visit her site [here](#).

Calendar of Events

Mindfulness and Relapse Prevention

Friday September
24th 10-5pm
Presented by
Sarah Heaverlo LPC,
CADC I
8:30am Registration
9:00am – 11:00am
Presentation
Kennedy School
Gymnasium
5736 NE 33rd
Portland, OR 97211
FREE CEU's: 2.00
hours

*Register on the
Cedar Hills Hospital
CEU Registration line
at (503) 535-7204

Café au play

Finally open!
5622 SE Division
Portland OR
Hours are Tuesday -
Friday: 7:30 am -
4:30 pm
Saturday: 8:00 am -
4:30 pm
[More info here.](#)

highlights

A baby girl was born to
Emily Chenoweth on
June 24th, 2010

Ramona Orr ended her
tenure with BBC.
Thank you for your
work and dedication!

Six new volunteers
were trained June 24th!
Welcome:
Michell Wasson-Messer
Mariko Clark
Meredith Caldwell
Christie Chapin
Cara Ponzini- Beck
Elsa Humara



New BBC Committees

Retention and Appreciation Committee:

The overall goal is to put in place automatic procedures that show appreciation in order to enhance connection to the organization and to retain members.

Strategic Planning Committee

We are working to define strategic goals for the next three years.

Outreach Education Committee

Strives to get the name (Baby Blues Connection), our mission, and our services offered out to as many people as possible while educating about postpartum depression and anxiety.

2010 Donors

\$5000 and up

Cedar Hills Hospital Women's Program

\$2500 and up

Marcia Kahn & Howard Rosenbaum,
Leila Salmon

\$1000 and up

Legacy Emanuel Children's Hospital
& Legacy Woman's Services, James
Rosenbaum & Sandra Lewis

\$500 and up

Command Management Services,
Providence Health & Systems, Dale
Oller, Sarah Oller Scott, Diane
Solomon

\$350 and up

2 Monkees, Raizie Axman, Gaby Donnell & Laurie Cox, Ann Howard & Perry Holbrook Howard, Bonnie Reagan, Sam Rosenbaum,

\$200 and up

Nicole Cirino, Cindi Berkovich-Parry & Seth Cohen Tad & Wendy Davis, Cindy Fontenot, Fromer Family, Kathy Kelley, Victoria Lane, Katie Miller, Andrea Moore, Gloria Borg Olds, Oregon Pediatric Society, Glenda Peterson, Meg Poehler, Kathleen Raetz, , Colby Rauch, Linda Roffe, Jillian Romm, Lois Rosenbaum

\$100 and up

Sue Blindheim, Ellen Boggs, Mary & Henry Breithaupt, Anne Chapman, John Eskew, Joanna Hatfield, David Hess, Susanna Levin, Katie Miller, Harry Rinehart, Steven Rosenbaum, Candy Seigel, Kerri Smith, Zenana Spa and Wellness Center,

Under \$100

Isadore Appelhanz, Melissa Baxter, Judy Beaudette, Karin Calde, Lisa & Richard Coss, Kara Creamer Carrie Cromwell, Kathy Danze, Annette Epifano, Krista Escobar, Nurit Fischer Tony & Jennifer Fuentes, Barbara Hein, Rita Hill, Kate Horspool, Elizabeth Joyce, Sharon Chatkupt Lee, Christina Lion, Sheri Louis, Susan Love, Scarlett Lynsky, Janet Martin, Allison Mudrick, Jane Payne, Ann Petrillo, Rachel Rosenbaum, Tara Querin, Lola Scobey, Ty & Joan Steinbach, Lynne Phillips-Werbell