

Join us as we raise funds and awareness
for Maternal Mental Health

SUNDAY, MAY 18, 2025

3:00 PM - 5:00 PM

LAGOON PARK (Civic Center)

160 Armory Dr, San Rafael, Ca 94903

MAY 18, 2025

5th Annual
WALK FOR MOMS



#walk4moms
#postpartumsupportcenter

BECOME A SPONSOR

We ask you to join us and become a valued "Walk For Moms" Sponsor today! Sponsors will receive full promotional exposure on multiple platforms. Your Leadership investment in this movement will, directly and indirectly, benefit thousands of Marin County families. For in-kind donations, your service, gift cards, memberships, prizes for participants, and to get more information on sponsorship levels, please email support@postpartumsc.org.

SPONSORSHIP LEVELS AND BENEFITS

EVENT SPONSOR: \$15,000

- Complimentary exhibition booth space at the event
- Logo placement on the event website from May 1, 2025 - Dec 31, 2025
- 2 minutes promotional video created by Desire to Inspire Studios
- Prominent logo placement on all event materials, including website, promotional materials, and event banners
- Opportunity to include branded items in participant goodie bags
- Feature in the PPSC newsletter and social media posts

PLATINUM SPONSOR: \$10,000

- Complimentary exhibition booth space at the event
- Logo placement on the event website for the month of May
- 1 minute promotional video created by Desire to Inspire Studios
- Opportunity to include items in the participant goodie bags
- Acknowledgement in the PPSC newsletter and social media posts

GOLD SPONSOR: \$5,000

- Complimentary exhibition booth space at the event
- Logo placement on the event website for the month of May
- 30 seconds promotional video created by Desire to Inspire Studios
- Opportunity to include items in the participant goodie bags
- Mention in the PPSC newsletter and social media

SILVER SPONSOR: \$2,500

- Logo placement on the event website for the month of May
- Recognition on our social media platforms
- Name listed on the event website and in promotional materials
- Mention in the PPSC newsletter and social media

BRONZE: \$1,000

- Recognition on our social media platforms for the month of May
- Name listed on the event website

SUPPORTER: \$500

- Acknowledgment on the event website
- 1 time recognition on PPSC social media

FRIEND: \$250

- Acknowledgment on the event website

MATCHING SPONSOR:

For donations of \$1000 or more, we offer a matching program that includes prominent exposure across all our platforms. The greater your contribution, the more extended the visibility we provide.

SPONSORSHIP REGISTRATION FORM

Please return completed form with your logo if applicable

Name / Organization / Company Name			Contact Name
Street	City	State	Zip Code
Phone Number		Email Address	

Please select your Sponsorship Support Level

- | | |
|---|--|
| <input type="checkbox"/> EVENT SPONSOR: \$15,000 | <input type="checkbox"/> BRONZE SPONSORS: \$1,000 |
| <input type="checkbox"/> PLATINUM SPONSORS: \$10,000 | <input type="checkbox"/> SUPPORTER: \$500 |
| <input type="checkbox"/> GOLD SPONSORS: \$5,000 | <input type="checkbox"/> FRIEND: \$250 |
| <input type="checkbox"/> SILVER SPONSORS: \$2,500 | <input type="checkbox"/> OTHER |

PAYMENT OPTIONS

- My check in the amount of: \$ _____ is mailed to the address below:

Please mail checks to:

Postpartum Support Center

4162 Redwood Highway,

San Rafael, CA 94903

- My sponsorship amount of _____ has been donated to PPSC via website or Walk for Moms fundraiser portal.

Postpartum Support Center is a California nonprofit public organization exempt from federal tax under section 501(c)(3) of the Internal Revenue Service. The TAX ID #84-1763125

Please email this form to Walk for Moms Team at support@postpartumsc.org along with a high-resolution version of your logo (300 dpi or higher) in png or jpg file.

With so much uncertainty in our communities, and with the rise in **Maternal Mental Health** conditions and their profound impact on families, we are at a pivotal moment where your support can create lasting change. We are excited to invite you to join us for the **5th Annual Walk For Moms**, a powerful event dedicated to raising awareness and funds prevent suffering for young mothers, fathers and their children.

“Walk For Moms” is more than just an event—it's a movement led by the Postpartum Support Center to shine a light on maternal mental health and provide essential support to families.

Together, we:

- Unite advocates of all ages, races, and backgrounds to drive change.
- Raise critical funds to support perinatal families with free peer support services.
- Offer pregnant individuals resources to prevent postpartum depression and other maternal mental health complications.
- Distribute free diapers and baby supplies to children in need.
- Break the stigma around Maternal Mental Health and spark vital conversations.

Join us as we walk toward a future where no family faces these challenges alone. Now **more than ever** we need to get together and show our unified support for those who need us.

Our Mission: As the first and only organization to provide peer-based maternal mental health support in Marin County, our mission is to provide a comprehensive support system and safe place for mothers/parents and families in need and to promote awareness and prevention of Perinatal Mental Health Disorders. We help perinatal families navigate the postpartum period, reduce parental stress, build effective support systems, and prevent clinical depression.

We Promote: Awareness, peer support, and prevention of perinatal mental health disorders; we address diaper need and large disparities in our community.

We Partner: with hospitals, clinics, local organizations, and other community partners to bring our programs to parents and their families in need. We partner with YOU to help us continue offering free services to those in need.

Core Values: at the heart of our services lies a commitment to personal, quality care, where attention and respect for the dignity of each client is paramount. We are not merely a center; we are a beacon of hope, providing invaluable in-person and remote support to those in the delicate stages of family expansion.

Come and “Walk” for Maternal Mental Health: Your Support Can Transform Lives! Join us today and become a beacon of hope for mothers and families.



Maternal Mental Health (MMH)

FACTS & STATS

Maternal Mental Health: The Hidden Crisis Affecting Families and Society

Maternal Mental Health (MMH) disorders are one of the most common complications during pregnancy and postpartum, yet they remain underdiagnosed and undertreated. The numbers are staggering and highlight a critical need for awareness, support, and intervention:

- **800,000** women are diagnosed with a maternal mental health condition every year in the United States.
- **1 in 5** pregnant and new mothers experience a mood or anxiety disorder.
- The impact is even greater for **low-income women**, with **1 in 3** suffering from MMH disorders.

Despite the prevalence of these conditions, **75% of women experiencing symptoms go untreated**, leaving devastating effects on mothers, babies, families, and society.

The Cost of Inaction

The annual economic cost of untreated MMH disorders is estimated at **\$32,000 per mother-infant pair**, amounting to an astonishing **\$14 billion nationally**. The consequences go far beyond finances, including:

- Long-term developmental and emotional challenges for children.
- Increased strain on family relationships.
- Higher rates of absenteeism and decreased productivity in workplaces.

The Alarming Realities

- **1 in 4** mothers with depression reports **thoughts of self-harm**.
- Suicide is the **second leading cause of death** among postpartum women.
- MMH conditions have **tripled during the COVID-19 pandemic**, further exacerbating the crisis.

Fathers Are Not Immune

MMH disorders don't just affect mothers. **1 in 10 new fathers is diagnosed** with a mood or anxiety disorder, highlighting the widespread impact on families as a whole.

The Role of Basic Needs

- **1 in 3 families** reports experiencing **diaper need**, a significant predictor of postpartum depression.
- Mothers who lack access to diapers are more likely to report symptoms of depression and anxiety.
- Diapers, considered a major monthly expense alongside food and rent, are not covered by assistance programs like WIC or food stamps.

Why This Matters

Untreated MMH conditions affect everyone—not just the individual but the entire community. By addressing these issues, we can create healthier families, stronger communities, and a brighter future for all.

It's time to break the stigma, support struggling families, and provide the resources they need. Together, we can ensure no parent has to face this journey alone.

LEARN MORE: WWW.POSTPARTUMSC.ORG