

**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

Become a valued partner and support thousands of Marin families!

SPONSORSHIP LEVELS	ACKNOWLEDGMENT ON WEB, SOCIALS (1K+ IG/FB FOLLOWERS) + NEWSLETTER	FREE BOOTH @ WALK FOR MOMS	PROMOTIONAL VIDEO (BY DESIRE TO INSPIRE STUDIOS)
<b>EVENT SPONSOR \$15,000</b>	 (Logo Placement on website for 1 year)	 (Logo on 50 Volunteer T-shirts + Event Banner)	 (2 Minute Video)
<b>PLATINUM \$10,000</b>	 (Logo Placement on website for 8 months)		 (1 Minute Video)
<b>GOLD \$5,000</b>	 (Logo Placement on website for 8 months)		 (30 second Video)
<b>SILVER \$2,500</b>	 (Logo Placement on website for 8 months)		
<b>BRONZE \$1000</b>	 (Logo Placement on website for 1 month)		

★ **SUPPORTER \$500:** Acknowledgment on the event website & 1x on Social Media

★ **MATCHING SPONSOR:**  
Donations of \$1,000+ qualify for our matching program, with increased visibility across our platforms based on contribution size.

★ **IN KIND DONATIONS:**  
For in-kind donations—such as services, gift cards, memberships, or participant prizes, please email [support@postpartumsc.org](mailto:support@postpartumsc.org)

# SPONSORSHIP REGISTRATION FORM

**\*Please return completed form with your logo\***

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

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## PLEASE SELECT YOUR SPONSORSHIP SUPPORT LEVEL

- |   |  |
|---|--|
| <input type="checkbox"/> <b>EVENT SPONSOR: \$15,000</b>     | <input type="checkbox"/> <b>SILVER SPONSORS: \$2,500</b> |
| <input type="checkbox"/> <b>PLATINUM SPONSORS: \$10,000</b> | <input type="checkbox"/> <b>BRONZE SPONSORS: \$1000</b>  |
| <input type="checkbox"/> <b>GOLD SPONSORS: \$5,000</b>      | <input type="checkbox"/> <b>SUPPORTER: \$500</b>         |
|   | <input type="checkbox"/> <b>OTHER</b>                    |

## 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.

**Please email this form to [support@postpartumsc.org](mailto:support@postpartumsc.org) along with a high-resolution version of your logo (300 dpi or higher) in png or jpg file.**

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



## “WALK FOR MOMS” IS MORE THAN JUST AN EVENT

**It’s a movement to shine a light on maternal mental health and provide essential support to families. Join us as we walk toward a future where no family faces these challenges alone.**

### LET’S WALK TOGETHER

Embrace this opportunity to be a part of something bigger, to stand in solidarity with families across the nation, and to contribute to a future where maternal mental health is prioritized and supported. Join us at the 5th Annual Walk For Moms and take a significant step towards nurturing the health and happiness of young families.

Your journey with us at the Walk For Moms is more than a walk; it's a stride towards a brighter, healthier future for all. See you there!



### BECAUSE TOGETHER, WE CAN

- **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 and walk for maternal mental health. Become a beacon of hope for mothers and families!**

# 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 ALARMING REALITIES

- **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, **1 in 3 for low-income women**
- **75%** of women experiencing symptoms **go untreated**, leaving devastating effects on mothers, babies, families, and society.
- **1 in 4** mothers with depression reports **thoughts of self-harm with suicide being 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.** 1 in 10 new fathers is diagnosed with a mood or anxiety disorder, highlighting the widespread impact on families as a whole.
- **1 in 3 families struggles with diaper need**—a major expense not covered by WIC or food stamps—and it's linked to **higher rates of postpartum depression**.



## THE COST OF INACTION

- **\$32,000** per mother-infant pair annually, **\$14 billion nationally**
- Long-term developmental and emotional challenges for children.
- Increased strain on family relationships.
- Higher rates of absenteeism and decreased productivity in workplaces.

## WHY THIS MATTERS

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](http://WWW.POSTPARTUMSC.ORG)**



# OUR IMPACT

## How Postpartum Support Center is Meeting Community Needs



**184**

Pregnant women received one or multiple Postpartum Support Center services.



**5,475**

Support line calls received from individuals seeking information and services.



**931**

Unduplicated children received free diapers, wipes, clothes, formula and other essentials



**562**

Individuals received peer support in person, by phone, text, zoom, email, in individual or group setting,

### OUR MISSION

As the first and only organization to provide peer-based maternal mental health support in Marin County, PPSC's 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.

### PPSC Self Screening Mental Health Assessments



POSTPARTUM  
ANXIETY

**4,841**

POSTPARTUM  
DEPRESSION

**3,013**

OCD

**1,252**

COMPASSION  
FATIGUE

**827**