



Pacific Post Partum Support Society

Membership Form **2010/11** (Valid Fiscal Year April 1 through March 31)

New member

Renewal

NAME:

DATE:

STREET ADDRESS:

CITY:

PROVINCE:

POSTAL CODE:

TEL:

OTHER:

FAX:

E-MAIL:

WEB PAGE:

PLEASE NOTE THAT NO PERSONAL INFORMATION IS SUPPLIED TO ANY OTHER PARTIES.

I support the goals and beliefs of the Pacific Post Partum Support Society and would like to be a member for the 2010/11 year.

Please remove me from your mailing list

Annual membership fee:

\$10 what I am able to afford at this time:

\$ _____

I am also making the following donation:

\$40 \$90 \$190 \$490 Other

\$ _____

An official receipt will be sent to you for the total contribution \$ _____

Method of payment:

- By cash, given to the care of _____ (do not send cash through mail)
- By cheque or money order payable to Pacific Post Partum Support Society
- By credit card on-line through www.canadahelps.org (or link through the donate button at www.postpartum.org.)
 ? you can send us a message through canadahelps.org, such as "includes membership fees"

I would also like more information on the following volunteer opportunities:

- Board of Directors
- Office/Clerical
- Working on Committees
- Public Events (eg. booth attendance, planning)
- Telephone Support Volunteer*
- Other: _____

Best time to contact me: (Please Circle): M Tu W Th F Sat Sun / Mornings Afternoons Evenings

* Volunteers interested in the Telephone Support Volunteer Training Program:

1. Are mothers.
2. Must make application for Telephone Support Volunteer Training. Class size is limited.
3. Are prepared to make a one-year commitment to volunteer at PPPSS.



Pacific Post Partum Support Society

Our mission is to end the isolation and distress experienced by many women and their families with the profound life change that accompanies the birth or adoption of a child.

CONSTITUTION GOALS

Our goals as stated in the constitution are:

With a strong commitment to the Statements of Belief and treatment model developed by the Pacific Post Partum Support Society, the purposes of the Society are:

- 1) to maintain a support program for women experiencing postpartum depression after the birth or adoption of a child. This support will be based on the collective knowledge learned from the experience of women.
- 2) to provide support for the families of women experiencing postpartum depression.
- 3) to promote public awareness of postpartum depression and its treatment.
- 4) to share our collective knowledge of postpartum depression and its treatment with helping professionals and other interested individuals and groups.
- 5) to do everything incidental and necessary to promote and attain the foregoing purposes.

STATEMENTS OF BELIEF

- 1) We believe that postpartum depression is a multidimensional problem with social factors such as isolation, poverty, lack of childcare and the stressful nature of mothering playing important roles.
- 2) We believe that through mutual aid and emotional support, women are empowered to engineer their own recovery and to learn skills of self-care, which encourage healthy life choices for themselves and their families.
- 3) We believe that it is healing for a woman with postpartum depression to share her experiences, in confidence, and to receive non-judgemental support and understanding from other women who have resolved, or who are in the process of resolving, their own depression.