



Tree of HOPE
Postpartum Research
and Education Foundation

Hope and help available for sufferers of Postpartum Depression
Tree of Hope Foundation works to spread awareness with upcoming event

You are not alone.

That is the message that Pam Moffitt is working hard to spread, so that every new mother suffering from Postpartum Depression knows there is a place to turn for help, support and understanding. A place for hope for those living in despair.

Moffitt, who is a founder and president of the not-for-profit Tree of Hope organization, began her quest in 2005 to promote research, education and awareness of postpartum-related mood disorders in honor of sister-in-law Mary Ellen Moffitt, who took her own life and that of her five-week-old daughter, Caroline, in July 2004.

Instead of placing blame, Moffitt sought to bring understanding of an often misunderstood condition in the hope of helping others. That help, she vowed, would be readily-accessible to mothers in need.

The seed is planted And so began The Tree of Hope.

"All of our support groups are free of charge to participants," Moffitt says. "There is no need for insurance; no need for a referral. Anyone who feels they are struggling and needs a little help is welcome to come to one of our support group meetings."

Options are plentiful for mothers in need of support, as was Moffitt's intention.

"One of my goals at the very beginning was to place different support groups in different geographical locations, at different times, and on different days, so that no woman finding herself in a situation where she needs help has to wait more than a few days," Moffitt says, referring to the sole monthly meetings held by many traditional support groups. "And I am really pleased with the growth we have had in the past year."

Moffitt is referring to the five separate groups now running in St. Clair Shores, Rochester Hills, Clawson, West Bloomfield and Commerce Township.

"Last year, we only had one group running," Moffitt continues. "That is why we need to continue raising funds. We can continue to grow, but we need financial support to do so."

Did you know?

According to information available on the foundation's Web site,

- Postpartum Depression often goes unnoticed, even though the American College of Obstetrics and Gynecology has stated that upwards of 85 to 95 percent of all new mothers experience some form of mood complication during pregnancy or after childbirth.
- Research shows that one of every 10 women will experience Postpartum Depression following childbirth and one of every 1,000 will experience Postpartum Psychosis.

Weekly Support Groups:

Mondays at 7:00 pm, Rochester Hills

In conjunction with Beaumont Hospitals
Oakland Macomb Obstetrics and Gynecology, P.C.
Wellpointe Building, Suite 200
1701 South Boulevard East
Rochester Hills, (248) 551-1462

Wednesdays at 7:00 pm, West Bloomfield

In conjunction with Beaumont Hospitals
Beaumont Medical Building
6900 Orchard Lake Rd. Suite 311
West Bloomfield, (248) 551-1462

Thursdays at 7:00 pm, St. Clair Shores

St. Joan of Arc Parish Center
22412 Overlake Dr.
St. Clair Shores, (586) 777-0142

Tuesdays at 10:00 am, Clawson

In conjunction with Beaumont Hospitals
1388 Anderson
Clawson, (248) 551-1462

Thursdays at 6:45 pm, Commerce Twp

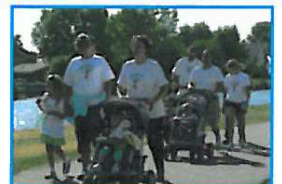
In conjunction with Huron Valley-Sinai Hospital
Charach Center Conference Room, Garden Entrance
1 William Carls Dr
Commerce Township, (248) 937-5220

Step Up for hope



The Tree of Hope is sponsoring the fourth annual Step Up for Hope 5K Run, Walk & Stroll on Saturday, June 21, at Metro Beach Metropark in Harrison Township. Approximately 700 participants are expected for the timed, but uncompetitive, stroller-friendly event, which invites people of all ages and fitness levels to run or walk in support of Tree of Hope's goal. The group hopes the event will raise awareness of postpartum depression, research, and education efforts, which include free weekly support groups, community health and educational events.

Pre-registration is now available for \$15 at www.treeofhopefoundation.org. Those who pre-register will be guaranteed a T-shirt. Onsite registration will be available for \$20, beginning at 8:15 a.m. the morning of the event. Rain or shine, walkers will take the starting line at 9 a.m., with runners beginning at 9:30 a.m. All participants will be treated to refreshments throughout the morning and various raffles for cash and prizes will be held after the walk, with winners being announced at 11 a.m. in the Metro Beach Activity Center.



"It is a fun, family-centered event," Moffitt says. "If we are going to continue to grow the way we have grown in the past year, we need financial support in order to spread the mission. There is a significant need and we have not even begun to help all those that need it."

www.treeofhopefoundation.org or call 877-HOPE-311 or 877-467-3311.