



Team Tucson is Climbing!

Climb Out of the Darkness is the largest international event for perinatal mood and anxiety disorders. Together we are building community, raising money and awareness to support the mental health of all new families. Operated by Postpartum Support International.

Join us!



May 4, 2019



Brandi Fenton Memorial Park
3482 E. River Rd.



7:00 am: Registration
7:30 am: Start of Walk



[https://postpartum.z2systems.com/
teamTucson](https://postpartum.z2systems.com/teamTucson)



valkading@gmail.com



[https://www.facebook.com/Tucson
PostpartumDepressionCoalition](https://www.facebook.com/TucsonPostpartumDepressionCoalition)

All funds raised by Team Tucson will go to benefit the Tucson Postpartum Depression Coalition (TPDC), a chapter of Postpartum Support International. TPDC provides education and awareness of perinatal mood disorders for families and professionals. Our chief concern is improvement of circumstances for women and families who are touched by perinatal mood disorders. We are a nonprofit 501c(3) organization that remains committed to the health and wellbeing of women, children and families of southern Arizona.

In the Tucson community, about 15-20% of women will suffer from depression and/or anxiety before or after childbirth. We believe that women have the right to early identification and treatment so that a positive experience of mothering and parenting, and the best outcomes for her children and her partner can be achieved. Depression or anxiety around childbirth are common and treatable. We hope that everyone at risk will find support or services. No one should suffer alone.

You are not alone. You are not to blame. With help, you will be well.



www.postpartum.net

If you or someone you know is suffering PSI can help:

Call: 1.800.994.4773 or Text: 503.894.9453