

**JOIN US AS WE RAISE FUNDS AND AWARENESS  
FOR MATERNAL MENTAL HEALTH**

**SUNDAY, MAY 17, 2026**

**3:00 PM - 6:00 PM**

**CHILDREN'S ISLAND (Civic Center)**

**10 Ave of the Flags, San Rafael, CA 94903**

**MAY 17, 2026**

# **6th Annual WALK FOR MOMS**

**#walk4moms**

**#postpartumsupportcenter**



# BECOME A SPONSOR

SPONSORSHIP LEVELS	DIAMOND D \$15,000	PLATINUM \$10,000	GOLD \$5,000	SILVER \$2,500	BRONZE \$1,000
<b>AVAILABILITY</b>	<b>1</b>	<b>2</b>	<b>5</b>	<b>10</b>	<b>20</b>
<b>Pre-Event Promotion</b>					
<b>Dedicated pre-event sponsor post (Facebook + Instagram)</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		
<b>Logo on website &amp; event materials</b>	<input checked="" type="checkbox"/>				
<b>Onsite Recognition</b>					
<b>Event Booth at Walk for Moms</b>	<input checked="" type="checkbox"/>				
<b>Opportunity for sponsor giveaway</b>	<input checked="" type="checkbox"/>				
<b>Logo on event t-shirt &amp; event signage</b>	<input checked="" type="checkbox"/>				
<b>Stage recognition during event</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
<b>Logo recognition on the front of t-shirt</b>	<input checked="" type="checkbox"/>				
<b>Post-Event Promotion</b>					
<b>Post-event sponsor thank-you social media post</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
<b>Newsletter feature (100 words)</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
<b>Logo in sponsor thank-you newsletter and social media</b>	<input checked="" type="checkbox"/>				

# 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>DIAMOND 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>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 6th 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, car seats, and baby supplies** to children in need.
- **Break the stigma around Maternal Mental Health** and spark vital conversations.
- **Prevent violence, suicide, and homicide.**

**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

Together, we can help address a critical public health crisis, where 1 in 5 birthing people experience perinatal mental health challenges, yet only about 15% adequate and timely appropriate treatment.

## 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



**183**

Pregnant women received one or multiple Postpartum Support Center services.



**6,615**

Support line calls received from individuals seeking information and services.



**1,378**

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



**633**

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

**7,628**

POSTPARTUM DEPRESSION

**4,457**

OCD

**1,974**

COMPASSION FATIGUE

**1,237**