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**EVENT ON MAY 12 DURING NATIONAL WOMEN'S HEALTH WEEK
EXPLORES POSTPARTUM DEPRESSION, A SERIOUS WOMEN'S ISSUE
RELATED TO NEW MOTHERHOOD**

Event to take place at the Women's Health Center of West Michigan

GRAND RAPIDS, MI (April 28, 2009) – In celebration of Mother's Day and National Women's Health an event will take place at *Grand Rapids Women's Health* at the Women's Health Center of West Michigan on May 12, 2009 at 6 p.m.. *Grand Rapids Women's Health* is partnering with *MomsBloom*, an organization created to address the issues of new parenthood, to present *A Cup of Comfort for New Mothers*, an open public event for young mothers. The event will feature a presentation and discussion on post-partum depression and how to cope. Grand Rapids Women's Health is located at 555 MidTowne Street N.E., Grand Rapids in the Women's Health Center of West Michigan just off of Michigan Street.

A Cup of Comfort for New Mothers, a new book release by Adams Media, is the focus for the event. Local author Kristina Riggle will read from her essay in the book entitled "Small Sacrifices" which talks about her postpartum emotional struggles and getting through this difficult time in her life. The book features essays by new mothers and how they individually coped with new motherhood. The new release communicates an honest portrayal of new parenthood, sometimes very challenging, with reflections from diverse points of view about new motherhood. Physicians of GRWH will be at the event to impart information on post-partum depression. A question and answer session will also be held with guests who attend. The book will also be available at the event for sale by Schuler Books.

Where: Grand Rapids Women's Health
When: May 12, 2009, 6:00 - 7:00 pm
What: Introduction from *MomsBloom* Executive Director, Sara Binkley-Tow. Reading from *A Cup of Comfort - "Small Sacrifices"* by Kristina Riggle. Information by Physicians of Grand Rapids Women's Health and Mary S. Gilbert, Ph.D., a licensed psychologist from Psychology Associates of the Women's Health Center of West Michigan about motherhood and postpartum issues.

Q&A with new and pregnant mothers



A Cup of Comfort for New Mothers available for sale by Schuler Books

- more -

Information about National Women's Health Week

The 10th annual [National Women's Health Week](#) will kick off on Mother's Day, May 10, 2009 and will be celebrated until May 16, 2009. National Women's Health Week is a weeklong health observance coordinated by the U.S. Department of Health and Human Services' [Office on Women's Health](#) (OWH). National Women's Health Week empowers women to make their health a top priority. With the theme "It's Your Time," the nationwide initiative encourages women to take simple steps for a longer, healthier, and happier life. During National Women's Health Week, communities, businesses, government, health organizations, and other groups work together to educate women about steps they can take to improve their physical and mental health and lower their risks of certain diseases.

MomsBloom

[MomsBloom](#) knows how exhausted and overwhelmed parents can feel after the birth of a baby. Today, with so many families geographically dispersed or away at work, mothers (and fathers) often do not get the help they need. MomsBloom was created in the Grand Rapids community to bring volunteers and families together to provide physical and emotional support to any family with a newborn - free of charge. When MomsBloom receives a request for service, they match their skilled [volunteers](#) with the family's needs. A mother may need help with simple tasks like preparing a meal, reading a story to a child family member, or simply rocking the baby so mom can shower and rest. In-Home Services include nonjudgmental support and companionship, promotion of parent-infant bonding, emotional and physical recovery from birth, newborn care, meal preparation and light household tasks, connection to community resources, infant feeding support, care for siblings, parent education, soothing and coping skills.

Grand Rapids Women's Health

In January 2008, a core group of the region's most respected physicians specializing in Obstetrics and Gynecology formerly known as Grand Valley Gynecologists, PC, Knollcrest OB/GYN, PC, and Newton, Frank and Blickley OB/GYN, PC. combined together as one organization as [Grand Rapids Women's Health](#). In July 2008 the practice was the first business to launch the Women's Health Center of West Michigan.

Grand Rapids Women's Health is made up of two specialist divisions:

Obstetrics and Gynecology Specialists - specializing in the healthcare services related to both the normal and abnormal processes of a woman's reproductive



Grand Rapids **W** Women's Health

system. A broad range of services are offered for women of all ages, including care during pregnancy, gynecological care, surgical intervention and ultrasound.

Female Pelvic Medicine & Urogynecology Institute of Michigan - specializing in treatment and therapies related to: female urinary incontinence, gynecological care, interstitial cystitis, pelvic floor disorders and rehabilitation, pelvic pain, pelvic organ prolapse, surgical intervention and vulvodynia.