



**Tree of Hope  
Foundation**  
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[www.treeofhopefoundation.org](http://www.treeofhopefoundation.org)

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The Tree of Hope Foundation is a non-profit organization founded in 2005 to promote research, education and awareness of postpartum-related mood disorders.

The founding members of the organization were profoundly impacted by the tragedy of Mary Ellen and Caroline Moffitt, who became victims of this devastating disorder.

Our goal is to provide awareness and education to prevent tragedies for others.

**Why the ladybug?**

Our logo features a ladybug in remembrance of Mary Ellen Moffitt, a beloved first-grade teacher who often created friendly ladybugs and displayed them in her classroom and home.

# The Ladybug's Wishlist

Spring 2007

*Bringing hope to those affected by postpartum depression*

## Missions accomplished

Officially launched in 2005, the Tree of Hope Foundation is dedicated to increasing postpartum depression awareness and understanding and providing support for women and families afflicted with this disorder.



Although we are a relatively new organization, Tree of Hope volunteers and supporters are proud to report exciting progress and advancements related to depression awareness, education and treatment--all in the immediate area, to serve local friends and families. In just one year, Tree of Hope has established solid roots and programs that can flourish into the future.

2006 OUTCOMES REPORTED

- Established a postpartum support group that meets every Thursday at 7 p.m. at St. Joan of Arc Parish in St. Clair Shores. It is led by Marla Ruhana, a licensed clinical social worker and is free for participants.
- Hosted two continuing education seminars for several hundred doctors, nurses and other medical professionals to recognize and respond to postpartum depression warning signs.
- Worked with Bon Secours Hospital's Women's Services and BirthCare programs to make Tree of Hope information part of every discharge packet for new mothers. Informational brochures are also distributed at St. John Hospital and many area physician offices as needed.
- Recruited 300 donors and 140 participants for the second annual Step Up for Hope Walk at Metro Beach in Harrison Township.
- Raised \$8,000 for new programs.
- Conducted an academic literature review of available research on peripartum antidepressant use to better understand the effects of medications and to educate others about it. Presentation developed by Martha Miller, Pharm.D.
- Encouraged supporters to register online with iGive.com and GoodSearch.com, allowing Tree of Hope to collect approximately \$100 each month via Internet donations at no additional cost to Web shoppers or searchers.
- Served metropolitan Detroit as designated members of Postpartum Support International and the Depression Education Coalition.

## Coming up in 2007

**Saturday, June 23** - *Step Up for Hope 5K Walk/Run and Raffle* begins at 9:00 a.m. at Metropolitan Beach Metropark in Harrison Township. (Registration begins at 8:15 a.m., rain or shine.) Register online or order raffle tickets at: [www.treeofhopefoundation.org](http://www.treeofhopefoundation.org).

**Tuesday, October 9** - *National Day of Prayer for Mental Illness Recovery and Understanding*  
An interdenominational candlelight vigil will be held at 7 p.m. at St. Joan of Arc Church in St. Clair Shores. Details to follow.

## From the Ground Up

### Notes from President Pam Moffitt

Thank you to our friends and supporters for a terrific year in which we gained recognition and momentum in the community. Already, we have impacted lives and families with our message of hope.

To those who have been with us from the beginning, please note the new timing of our Step Up for Hope 5K Walk/Run. Although previously held on a Sunday in the fall, participant feedback prompted us to switch to an early-morning Saturday, specifically, June 23. We hope you will bring your friends and families to enjoy the fresh air and support our long-term projects.

Also, I'd like to remind you of an easy cost-free way to contribute. Sign up at [iGive.com](http://iGive.com) and [GoodSearch.com](http://GoodSearch.com) to send free donations to Tree of Hope when you use the Internet to shop or search.

If you know of other programs or ways we can help in surrounding communities, please let us know. We are eager to touch as many people as possible. My most sincere thanks for your support!

## Walk our way on June 23

You can support postpartum depression awareness programs by participating in Tree of Hope's primary fundraiser--the Step Up for Hope 5K Walk/Run. The third annual event, expected to attract nearly 400 participants, will be held Saturday, June 23, 2007, at Metropolitan Beach Metropark, along Jefferson in Harrison Township, Mich.

Advance registration is \$15. Onsite registration is available for \$20, beginning at 8:15 a.m. Rain or shine, runners will take the starting line at 9:00 a.m., with walkers to follow.

A raffle, with prizes ranging from \$500 to \$2,500, will be held after the walk and winners will be announced at the event. Tickets are available for \$5 each or three for \$10.

This timed, but uncompetitive, all-ages event invites people of every fitness level to run or walk in support of Tree of Hope's local postpartum depression awareness, research and education efforts. To learn more or register online, please visit: [www.treeofhopefoundation.org](http://www.treeofhopefoundation.org) or call (586) 777-0142.



## Weekly support group assists struggling mothers

Generous financial contributions to Tree of Hope are now providing critical social support to struggling families. Tree of Hope has launched a weekly postpartum support group to help bring postpartum depression out of the shadows by allowing struggling mothers to listen, talk, ask questions and react to their feelings of depression, inadequacy or uncertainty.



Meetings are held Thursday evenings at 7 p.m. at the St. Joan of Arc Parish Center in St. Clair Shores. They are directed by Marla Ruhana, L.M.S.W., a licensed psychotherapist and Tree of Hope supporter. No advance notice is required and mothers and/or affected family members are invited to attend.

Bon Secours Hospital, in cooperation with Tree of Hope, provides support-group literature and notices to all discharged mothers, but any woman can attend, regardless of her place of delivery, physician or health insurance. There is no cost for participants.

The St. Joan of Arc Parish Center is located at 22412 Overlake Drive, east of Greater Mack and north of Eight Mile, in St. Clair Shores.

## Merci...for your acts of hope



When Jennifer Weiss, a mother of three, directed the St. Patrick's Annual Children's Christmas Pageant and Choir in Armonk, New York, during the 2006 holidays, she was inspired by the children, as always. This year, however, she felt compelled to donate the event's proceeds--\$1,250--to Tree of Hope. "I knew the money would be put to good use for other children and families," said Weiss, who is a cousin to Mary Ellen Moffitt, in remembrance of whom Tree of Hope was founded.

Tree of Hope also offers a heartfelt thanks to the estate of Ralph Kelley for a generous donation. Remember, that even if you are unable to give now, you can provide for a future charitable gift in your will.

Many thanks to these generous donors for recognizing the importance of Tree of Hope programs. And a reminder to others, that you can help in very creative and personal ways!