

# Community



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## 100+ Women help a special group for moms

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AFN Guest Writer

Pregnancy and parenting are chapters in a female's life that can provide great joy but also tremendous sorrow.

The American College of Obstetricians and Gynecologists estimates that as many as 26% of all pregnancies end in miscarriage and up to 10% of clinically recognized pregnancies.

Miscarriages are the most common form of pregnancy loss. It truly is a miracle for a woman to have an uncomplicated, seamless pregnancy and delivery of a baby.

When a baby is carried to term, many women prepare for the labor and delivery, but not so much for what parenthood will be like - much like how we

focus our energy in planning a wedding, but not the marriage.

Once the labor and delivery are over, women are thrust into one of the most vulnerable times of their lives with major changes.

Mental health struggles around pregnancy, and up to one year postpartum or more for some, are the number one complication of pregnancy. Societal norms do not prepare, educate, and allow for the necessary support to be well. The focus of medical professionals has been almost exclusively on the health of the baby, infant or child, while women who needed support were usually silent or at a loss of where to turn.

We tend to throw parents into the deep



Celebrate the generosity of 100+ Women Who Care Valley of the Sun toward Women's Health Innovations of Arizona are, from left, Stephanie Millner, Michelle Lacy, Katherine Katz. (Special to AFN)

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end and hope they can swim.

Thankfully, Women's Health Innovations of Arizona (WHI) serves women and families as they move through life's transitions. This local nonprofit specializes in the transition into parenthood and maternal mental health.

They exist to walk or swim alongside parents and offer support and care so they can thrive in parenthood.

The WHI staff understands the sensitivity in moving into parenthood as it is one of the times in our lives where women experience an "emotional earthquake" (Sichel and Discoll, "Women's Moods: What Every Woman Should

Know About Hormones, the Brain and Emotional Health").

This is the result of the major life change, the enormous shift in hormones, sleep deprivation, buying into the myths of motherhood, and the unresolved battles and struggles mothers have.

It all seems to come to the surface as moms are learning to feed and care for their tiny human.

The Ahwatukee members of 100+ Women Who Care Valley of the Sun donated \$15,000 to WHI in September.

Katherine Katz, a member of the group, nominated this nonprofit and shared her personal experience with postpartum depression.

"We are so grateful for the support from 100+ Women Who Care," shared Michelle Lacy, Executive Director of WHI. "All donations go toward offsetting costs to services or to offer programs that would not otherwise be accessible.

"These funds will be used to support our teen pregnancy and parenting support services."

If you're interested in learning more about WHI, visit [whiarizona.org](http://whiarizona.org).

100+ Women Who Care Valley of the Sun is a group of like-minded, passionate women who want to connect to one another and to their communities.

The ladies are leveraging their resources so their quarterly gifts of \$100

per member add up to a significant donation to a local charity.

Since the chapter's inception in 2015, the organization has donated over \$1,100,000 to local nonprofits.

The chapter comprises three sister groups: East Valley, Ahwatukee and Scottsdale. ■

### To help, learn

The next 100+ Women Who Care Valley of the Sun giving circle is at 6:30 p.m. Tuesday, Oct. 24, at Lights Camera Discover, 4825 E. Warner Road, Suite 11, Ahwatukee.

Learn more: [100wwcvalleyofthesun.org](http://100wwcvalleyofthesun.org)