

100+ Women Who Care Supports Women's Health Innovations of Arizona

BY KIM TARNOPOLSKI



Stephanie Millner, Michelle Lacy, Katherine Katz

Pregnancy and parenting are chapters in a female's life that can provide great joy but also tremendous sorrow. 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. Once the labor and delivery are over, women are thrust into one of the most vulnerable times of their lives with major changes.

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 of moving into parenthood as it is one of the times in our lives when 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 humans.

The Ahwatukee members of 100+ Women Who Care Valley of the Sun donated \$15,000 to WHI in September. "We are so grateful for the support from 100+ Women Who Care," shared Michelle Lacy, Executive Director of WHI. "These funds will be used to support our teen pregnancy and parenting support services." If you're interested in learning more about WHI, visit <https://www.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 is comprised of three sister groups: East Valley, Ahwatukee, and Scottsdale.

To learn more or attend their next giving circle on October 24, visit www.100wwcvalleyofthesun.org. The giving circle is held at Lights Camera Discover and begins at 6:30 pm.