

October, 2025



## HOPE for Georgia Moms Retreat

In August HOPE for Georgia Moms hosted their annual retreat. The retreat brought together advocates from across the state to make a meaningful impact.

With the theme Centering Our Mission, Amplifying Our Message, the retreat focused on strengthening our voice and impact across Georgia.

A special thank you to Charles Johnson from 4Kira4Moms for a powerful keynote on bold, values-driven communication and its role in driving change.

Attendees also engaged in interactive sessions like "Perfecting Your Pitch", celebrated subcommittee spotlights and participated in strategic planning breakouts designed to spark fresh ideas, deepen collaboration, and chart the path forward.

It was a day of connection, clarity, and momentum to advance maternal health in Georgia. Thank you to all the attendees!



Event photos

## Strategic Planning

HOPE for Georgia Moms created the 2025-2026 Strategic Plan based on feedback from the retreat in August. The new plan was submitted to HRSA for approval in late September. Stay tuned for more detailed updates. Please note that this version may be modified based on feedback from HRSA and others before being disseminated widely.



[View the 2025-2026 Strategic Plan](#)

# HOPE Happenings

## HOPE Presents at AWHONN

HOPE for Georgia Moms recently attended the Georgia Association of Women's Health, Obstetric, and Neonatal Nurses (AWHONN) event. At our table, we highlighted key resources focused on improving maternal cardiac and mental health care:

These resources are part of our ongoing commitment to supporting nurses in delivering comprehensive, high-quality care to mothers and babies.

Bridgette and Tasha also presented on the lived experiences of three women who were part of the Maternal Cardiac Program at NGHS.

Bridgette Schulman, Clinical Outreach Manager for HOPE, and Tasha Murchison, OB Clinical Simulation Educator at NGHS's Center for Simulation and Innovation, presented at *"What We Miss When We Don't Screen: The Lived Experience of CVD Risk Assessment"* at Georgia AWHONN. They also led a panel discussion where Savannah Sanders, PA-C, Coordinator for the Women's Heart Center at the Georgia Heart Institute, Yesi White and Becky Ward shared their personal experiences navigating the healthcare system and participating in the cardiac screening program.

[Cardiac Care Resources](#)

[Mental Health Resources](#)



**PEACH**  
Pregnant and Postpartum  
Heart Disease Warning Signs



 <b>P</b> alpitations Heart beating too fast or skipping beats	Georgia cares about the heart health of pregnant and postpartum people. Look out for the PEACH heart warning signs: something might be seriously wrong.
 <b>E</b> dema Swelling in your hands or feet	Pregnancy can impact your heart health for up to a year after the pregnancy ends. Not all doctors will know that you were pregnant. Remember to say "I was pregnant this past year and now I am here."
 <b>A</b> bnormal Breathing Hard time catching your breath	
 <b>C</b> hest Pains	
 <b>H</b> igh Blood Pressure	



Use this QR code to get more information about heart health warning signs.

**Healthcare Provider:**

Perinatal mood or anxiety disorders are common, affecting 1 in 5 pregnant or postpartum women. Your role is essential in identifying and supporting those who may be struggling. You don't need to be a specialist to make a difference. Your care and compassion can make a lasting impact.

**Need Support?**  
Call PEACE for MOMS at **470-933-2233**

**PEACE for MOMS** is Georgia's Perinatal Psychiatry access program. We offer free clinician to clinician consultations for diagnosis, medication management, treatment planning, and finding resources.



**What You Can Do**

- **Listen** without judgment
- **Screen** for signs and symptoms of perinatal mood disorders
- **Assess** patient's emotional wellbeing
- **Treat** or refer based on your findings and comfort



Check out  
**Upcoming Events**

Find a full list of upcoming community events on our website. Be sure to share your organization's events with us by submitting them to our team [here](#).

See events

*Mark your calendar*

**FY26 Strategic Planning**

Wednesday, November 5, from noon to 1:30 p.m.

**Quarterly Strategic Planning Meeting**

Tuesday, December 9, from noon-1:30 p.m.

**Maternal Cardiac Social Media Campaign**

To help shine a light on maternal heart health, HOPE for Georgia Moms is running targeted Facebook ads to reach more women and families across Georgia.

Sponsored · ❤️

Unusual symptoms aren't "just new mom things." Speak up, see a provider. Learn more about heart warning signs at <https://www.hopeforgeorgiamoms.org/for-moms/heart-health/>.

Every mom deserves a healthy heart.

HOPE FOR GEORGIA MOMS

hopeforgeorgiamoms.org  
Shortness of Breath Isn't [Learn more](#)

1,005,065

individuals reached

Even healthy pregnancies can have heart risks.

HOPE FOR GEORGIA MOMS

Hope for Georgia Moms  
Symptoms like shortness of ...more

[Learn more](#)

Sponsored

1,727,139

impressions

## Meet the Team



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Learn more about our dedicated team by visiting our [website](#).

