



**UNITED WE FIGHT.
UNITED WE WIN.**

LIVE UNITED®

Tria Meier was born in Thailand and spent the first several years of her life living in Thai refugee camps. She, her four siblings, and their single mother immigrated to America when Tria was just seven years old. More than 20 years later, Tria is a stay-at-home mom raising four kids of her own.

Though Tria's childhood made her quite resilient, postpartum depression can affect anyone, and she was diagnosed with PPD after the births of her first and third children. PPD can be more common in first-time moms, but additional factors, like amount of time between births, also affect a woman's risk. Tria's excitement for her youngest was overshadowed by fear. She had just given birth to her son months before. How would she care for two infants?

After her daughter was born, Tria's doctor recommended United Way partner The Parenting Place. United Way funds two TPP programs that prepare, strengthen, and support parents and caregivers by creating greater understanding of the impact they have on the lives of children.

Even though the first few trips were tough, Tria pushed herself, and she never looked back. It wasn't long before she and her youngest two children were attending every program possible. Tria began feeling better almost immediately, and as she got to know other parents, friendships formed. A move to Caledonia means a little longer drive, but the trio still makes the trek to La Crosse once a week.

Tria is now much more confident in her parenting skills. TPP staff emphasize that not all children are alike, and that's okay. This is one of the biggest lessons Tria has learned, as her children are all very different. The support she receives from staff and peers alike makes Tria feel cool, calm, and capable when addressing their unique needs.

Knowing what the recommendation meant for her, Tria tells every parent she meets about TPP. At a low point in her life, these programs were available free of cost thanks to your support of Great Rivers United Way, and Tria is forever grateful.

United we win. We have one life. To live better, we must Live United.

950,000

**10-15% of mothers
suffer from PPD –
factor in all clinical
pregnancies &
that's nearly
1 million women**



Great Rivers United Way