

For Immediate Release

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Moms Helping Moms – An Example of Peer Mentoring
*Families First mentor mom is recognized by the
RI Mentoring Partnership for excellence in mentoring*

Cranston, RI (February 2009) – Families First Rhode Island's (Families First) mentor mom, Tuie Mellor, was honored on Monday night at the **2009 Excellence in Mentoring Awards**, presented by the Rhode Island Mentoring Partnership at Rhodes on the Pawtuxet. Tuie was honored for her extraordinary work as a mentor to new moms enrolled in Families First, an innovative organization that matches experienced volunteer mentor moms to mentee moms who may be at risk for or already experiencing Postpartum Depression.

Tuie has mentored several new mothers who have loved her positive upbeat attitude and her natural ability to calm their anxieties about this new role. Tuie has recruited other volunteer moms and is a great asset to the Families First organization. As a volunteer, Tuie shares one common goal with all the other volunteers, the desire to improve the lives of families, one mother at a time.

Families First RI, a non-profit organization matches volunteer mentor moms to moms of infants, who may be at risk for, or are already experiencing Postpartum Depression and to women in the late stages of pregnancy. Families First taps into a currently underutilized volunteer base - experienced mothers who want to give their time and share their wisdom with other mothers in their community who are in need of a nurturing mentor figure.

“At the core of our program are our dedicated and compassionate mentor moms who volunteer their time and provide non-judgmental support to their matched mentee mom,” says Sally Harrison, the organization's founder and Clinical Program Director. The relationship that develops between these women is extraordinary and epitomizes the term, “mothering the mother” or as Families First calls it, **“Moms Helping Moms.”**

To learn more about Families First, please contact Sally Harrison, Clinical Program Director at (401)383-9933 or sally@familiesfirstri.org or visit our website www.familiesfirstri.org
