



Postpartum Support Drop-In

Are you finding life with a new baby...
Overwhelming?
Challenging?
Isolating?

Facilitated by a Birth and Postpartum Professional, these FREE support drop-ins are for families needing a safe, supportive environment to connect, share, listen, support one another, explore postpartum issues, and learn coping strategies and skills. Babies 12 months and under are welcome!

FOR MOTHERS:

Tuesdays
10:00am to 12:00pm
75 Waterbridge Dr.
K2G 6T3

Wednesdays
10:00am to 12:00pm
475 Evered Ave.
K1Z 5K9

FOR PARTNERS:

1st Saturday of the month
9:30am to 11:30am
475 Evered Ave.
K1Z 5K9

No registration required
Facilitated in English only!

For more information:

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613-728-1839 ext. 227

