



Virtual Postpartum Support Drop-in

Mothercraft Ottawa's Postpartum Support Drop-in has gone virtual!

This FREE drop-in is facilitated by postpartum professionals and offered weekly for those who are experiencing perinatal mental health challenges.

While any and all topics surrounding perinatal mental health and general well being are welcome, the last 30 minutes (from 12 pm to 12:30 pm) will be designated for those who would benefit from discussions specifically related to COVID-19.

SCHEDULE

WEDNESDAYS 10 am to 12:30 pm

12 pm to 12:30pm- COVID-19 specific

Click [here](#) to register!

For more information, please contact
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