



mothercraft™
ottawa

Virtual Postpartum Support Drop-in For Moms

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

Any and all topics surrounding perinatal mental health and general well being are welcome.

SCHEDULE

WEDNESDAYS 10:00am to 12:00pm

Register each week through [Eventbrite.ca](https://www.eventbrite.ca)

The group runs via Zoom.

For more information, please contact
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