



Families Matter can help with these postpartum services

Asking for help is a sign of you and your family's courage and strength.

We can offer help in many ways

Telephone Support—Call us

- You will be able to speak to a woman with postpartum experience.
- She will listen to you and offer ideas that will help you get better faster.
- You can call us when it works for your schedule.
- Call us as often as you need to.

Group Support—Women helping women.

- Group meets once a week with a trained professional who leads the discussion.
- You will get support and your questions answered.
- You will feel less confused about what's happening.
- Group support helps everyone heal together.

In Home Support—We come to You

- Our staff can come to your home to offer support and answer your questions.

Baby Drop In—Come join others Moms

- Our Centres offer time for babies and moms. To come together for conversation, songs and play. Siblings are welcome..

Dads PPD Support and Education Group

- We invite dads to join us in order to better understand postpartum difficulties and depression
- We will discuss pre-birth expectations and present reality
- Dads will learn strategies that can help mom feel better and understand effects on child
- A light supper will be served to the dads.



Video—Hear other's stories

- Our video helps Moms and their families understand what postpartum depression is. Ask our staff to show it to you.

Volunteer—You can help

- You may want to help others once you have gotten better.
- We offer training and support for you to be a helper to others.
- Call us. To find out how you can volunteer.

**Postpartum depression is a
treatable illness.
It will end.**

Talking to us is good for you and your baby.
We can help. Call 403 205 5178

Support for this resource was
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