

Peel Postpartum Family Support Line

Are you feeling?

Isolated
Sad
Alone
Guilty
Depressed
Angry
Confused
Frustrated.

Do you find Yourself saying?

- " I don't feel a bond to my baby+
- " I feel so sad, when I am supposed to be happy+
- " All I do is give and no one is taking care of me+
- " When will my wife be back to normal?+

You are not alone.

Caring non-judgemental support is available in English, Hindi, Urdu, Punjabi, Spanish Portuguese, Mandarin and Cantonese.

Call Monday through Friday, 10 am to 10 pm.



905.459.8441

From Caledon: 289.298.5468

PROGRAM FUNDED BY:

THE ONTARIO
TRILLIUM
FOUNDATION



LA FONDATION
TRILLIUM
DE L'ONTARIO

We Welcome Volunteers:

We are currently recruiting volunteers with a passion for supporting women and their families during the prenatal and postpartum period. Please contact the Postpartum Family Support Line Coordinator, Nelia at 905.459.8439 ext.4.

This program is offered by:



(formerly Telecare Distress Centre)

www.spectrasupport.org

In partnership with:



PEEL
Postpartum
Mood Disorder
Program

www.pmdinpeel.ca

