

Peel Postpartum Family Support Line

Embarazada? Tiene un bebe?

**Triste...Sola...Exhausta...Anciosa...
Confundida...Frustrada?**

No estas sola.

Amable y confidencial soporte para mujeres y familias durante el embarazo, despues del parto, o de la adopcion de un bebe.

Habla abiertamente con alguien que esta ahi para ti.

Lunes a Viernes, 10am – 10pm



905.459.8441

from Caledon: 289.298.5468

www.spectrasupport.org

PROGRAM FUNDED BY:

Ontario
Trillium
Foundation



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:



SPECTRA
Community Support Services
with you through life's challenges

www.spectrasupport.org

In partnership with:



PEEL
**Postpartum
Mood Disorder
Program**

www.pmdinpeel.ca