

Did you recently have a baby?

Are you looking for group support and education to survive this new time in your life?

THOMPSON REGION POSTPARTUM SUPPORT SERVICES

Sessions offered by Doctors, Midwives and Registered Nurses

- ♥ Free
- ♥ Interactive
- ♥ Online with Zoom
- ♥ Educational



Evening and Daytime Sessions in July and August

Contact us to find a date that works best for you!

Each Session is 90 minutes:

30 minutes of Focused Learning and 60 minutes of Question & Answer

Topics Focus on:

Birth to 6 Weeks Postpartum

- Infant Feeding / Behaviour
- Postpartum Physical Self-care
- Infant First Aid
- Postpartum Mental Health Self-care

Two Options for Zoom Session Attendance:

Online Stream 1:

DROP IN SESSIONS

Register and attend the session of your choice.

Online Stream 2:

SERIES COMPLETION

Register and attend a series of 4 sessions over 4 weeks.

Are you in your third trimester or have recently had a baby?

Attend the bonus Breastfeeding sessions

Contact us to register.