



# Looking for Help?

We help people struggling with a Perinatal mood and anxiety disorder connect to supports as soon as possible, that are either low-cost or free. The Perinatal period includes trying to conceive a baby, being pregnant and welcoming a baby into your family. Different challenges can occur during the Perinatal period including:

- Mood and anxiety disorders; which include depression, anxiety, OCD, Bipolar Disorder, PTSD and Psychosis.
- Difficulty nursing
- Losing or releasing a pregnancy
- Going through fertility treatments
- Losing a baby during or after delivery
- Experiencing a traumatic delivery

## Our Services

### PEER SUPPORT PROGRAM

We provide online drop-in groups and individual peer support. For more information please contact Karin at [peersupport@perinatalwellbeing.ca](mailto:peersupport@perinatalwellbeing.ca)

Join our Peer Support Group on FB, to find support from other parents and people in the perinatal period who have also experienced similar challenges in the Perinatal period.

Join here:

<https://www.facebook.com/groups/240807206259795>

### PAY -WHAT- YOU-CAN THERAPY

Connect with any of the 2 student therapists who are offering Pay-What-You-Can online therapy from \$0-\$25.

Please book with them here:

[https://oliviascobie.janeapp.com/locations/perinatal-wellbeing-ontario/book#/staff\\_member/11](https://oliviascobie.janeapp.com/locations/perinatal-wellbeing-ontario/book#/staff_member/11)

[https://oliviascobie.janeapp.com/locations/perinatal-wellbeing-ontario/book#/staff\\_member/10](https://oliviascobie.janeapp.com/locations/perinatal-wellbeing-ontario/book#/staff_member/10)

### LGBTQ+ SUPPORT & DOULA SERVICES

We support anyone in LGBTQ+ communities in finding resources, support, and local community agencies from fertility planning to the postpartum period. Our resident doulas are happy to answer any questions about doula care during fertility, pregnancy or postpartum journeys.

Email Laine [myqueerconception@gmail.com](mailto:myqueerconception@gmail.com) or Shari [shari@theparentsvillage.ca](mailto:shari@theparentsvillage.ca)

### SUPPORT PLANNING

Navigating the health care system in Ontario can be so overwhelming. You can contact a Support Planning Specialist for help in getting connected to local OHIP-covered programs. We will listen non-judgmentally and from there we can help you plan what kind of support you're looking for and how to find it.

Email us at [info@perinatalwellbeing.ca](mailto:info@perinatalwellbeing.ca)

### ONLINE THERAPEUTIC COURSES

We offer 5 FREE online courses created by some wonderful therapists, that can help you to build some coping skills for anxiety and mood disorders, develop self-compassion, and cope with that heavy parent guilt! There is something for everyone from Dialectical Behaviour Therapy Skills (DBT) to Expressive Arts Therapy Skills.

Check them out here:

<https://www.perinatalwellbeing.ca/therapeuticeourses>

### INFORMATION & RESOURCES

If you'd like to learn more about different challenges and experiences in the Perinatal period check out the Podcast or the Blog. Hearing about others' experiences can help to normalize what we're going through.

The Perinatal Wellbeing Podcast is available wherever you listen to your podcasts!

Check out our resource page:

<https://www.perinatalwellbeing.ca/resourcepage>

 [www.perinatalwellbeing.ca](http://www.perinatalwellbeing.ca)

 [info@perinatalwellbeing.ca](mailto:info@perinatalwellbeing.ca)

 [perinatalwellbeing\\_ontario](https://www.instagram.com/perinatalwellbeing_ontario)

 [perinatalwellbeingontario](https://www.facebook.com/perinatalwellbeingontario)

 <https://tinyurl.com/2p9esc2h>