



# PACIFIC POST PARTUM SUPPORT SOCIETY

200-7342 Winston St. Burnaby, BC V5A 2H1 Canada  
support: 604-255-7999 admin: 604-255-7955  
toll-free: 855-255-7999 fax: 604-255-7588  
www.postpartum.org charity # 107810632RR0001

## What We Offer At A Glance

### \* Telephone support

**(604-255-7999 / toll-free 1-855-255-7999)**

- Available Monday to Friday 10 a.m. – 3 p.m. (PST)
- Support offered at first point of contact
- Ongoing follow up support calls
- Resources and referrals provided
- Available to pregnant people, new parents, those who have experienced a pregnancy or early infant loss, and the partners and family of anyone experiencing perinatal distress

Informational brochures for your clients can be ordered by contacting 604-255-7955 or emailing

[admin@postpartum.org](mailto:admin@postpartum.org) with requested quantity, contact person, and mailing address.

### \* Text Support (604-255-7999)

- Available Monday to Friday 10 a.m. – 3 p.m. (PST)

### \* Support groups with trained, experienced facilitators

- Ongoing weekly support groups that meet online and in person
- Open to mothers and non-binary people with babies up to 18 months old
- Specific group for 2SLGBTQIA+ parents
- Modified peer counselling support model
- Ongoing with continuous intakes

### \* Information

- A Self-Help Guide for Mothers – available through Amazon or calling 604-255-7955
- [www.postpartum.org](http://www.postpartum.org) website
- Podcast: [Beyond Postpartum – Pacific Post Partum Support Society](#)
- Blog: [Pacific Post Partum Support Society](#)
- Training resources, including Group Facilitation manual (call 604-255-7955 to order)
- Free informational brochures, handouts, and website content available in English, Spanish, Traditional and Simplified Chinese, Hindi, Farsi, and Punjabi

### \* Education sessions

- Perinatal Support Training for health care providers and community support workers
- Conference presentations
- Webinars on a variety of topics related to perinatal adjustment and mental health

### \* Parent & Baby talks

### \* Indigenous Parent Support Circles

### \* Partner and Couples sessions

### \* Referrals and resources

Our mission is to end the isolation and distress experienced by many parents and families with the profound life change that accompanies the birth or adoption of a child.