Pacific Post Partum Support Society is pleased to announce that we are offering a drop-in peer support group for pregnant parents and parents whose babies have arrived (birth or adoption) since March 1st.

During this difficult time PPPSS recognizes that expecting and very new parents are experiencing situations and worries that are beyond the normal stresses of this period.

We would like to offer a dedicated place for expecting and new parents to meet and support each other during this time.

The group will be facilitated by one of our experience staff, who will be on hand to offer resources, tips and lead discussions.

The group will meet, initially, on Wednesdays 12:30 to 2:30. We encourage parents to sign up, using the zoom link. A simple registration is required.

It will be open to the first people who sign in each week as we will close the group off at 10 participants in order give everyone time to share. If a parent is unable to get into the group due to it being full, one of our volunteers will help direct them to support.

Please pass this on to your clients, share in groups, and in any places where new and expecting parents may be able to see it!

Parents may contact the group facilitator for more information: clare@postpartum.org

https://zoom.us/meeting/register/tJ0ocu6uqT0tEtKLqWxLkvUavB–WNasl21Qa

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