



# PACIFIC POST PARTUM SUPPORT SOCIETY

phone and text support line: 604-255-7999 toll-free phone: 1-855-255-7999

WWW.POSTPARTUM.ORG

## QUEER + TRANS PARENTING SUPPORT

*No matter how your baby comes to you, if you are **2SLGBTQIA+** and are experiencing mental health challenges during your pregnancy, postpartum, or during your adoption or surrogacy journey, support is available to you and your family.*

### Telephone or Text Support:

Weekdays from 10am-3pm

### Weekly Two Spirit, Queer, & Trans Postpartum Support Group:

Tuesdays 10:30-Noon

This confidential peer support group is led by a queer facilitator who is trained in perinatal mood disorders including postpartum depression and anxiety.

If you have a baby 18 months or younger and would like to join us, please contact [emily@postpartum.org](mailto:emily@postpartum.org)

Lower Mainland 604-255-7999

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Texting Support 604-255-7999



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SUPPORT SOCIETY

*Supporting families since 1971*