

Postpartum Community Resources

Grand River Hospital

- PPD Support Group - Grand River Hospital - Hope Day Hospital
- Isabel Thomson, social worker 519-749-4300, ext. 6850

Our Place Family Resource and Early Years Centre

Early Years Cambridge @EarlyONWR FB

website for pre-recorded groups

<https://earlyyearsinfo.ca/virtual-programming/>

The Stork Secrets

(Postpartum Adjustment: Recovery & Discovery) is a peer support group for mothers.

www.ourplacekw.ca/resources

519- 571-1626

ourplace@ourplacekw.ca

No Woman Left Behind - Contact Tania

www.yellowood.ca

519-716-0956

Crisis Services of Waterloo Region – Provides prevention, assessment, intervention and resolution services for urgent crisis situations in Waterloo Region

- Here 24/7 1-844-437-3247

Carizon Counselling

400 Queen Street South Kitchener, ON Canada, N2G 1W7

519-743-6333

KW Counselling

480 Charles St. East Kitchener ON N2G 4K5 - 519 884 0000

Family Counselling Centre of Cambridge & North Dumfries

18 Walnut St. Cambridge

519 621 5090

Life with a Baby

Life with a Baby <https://www.lifewithababy.com/Waterloo-Region>

- Kitchener-Waterloo- Cambridge Chapter

- PPA/PPD online, 6 week, Virtual Program called "HOPE"

- Co-facilitated by a Peer Mother and an MSW Michelle Lavergne

- [https://www.lifewithababy.com/event-](https://www.lifewithababy.com/event-3832930?CalendarViewType=1&SelectedDate=5/25/2020)

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