

Are you pregnant or have you recently had a baby?

Get support to survive this special time in your life

THOMPSON REGION POSTPARTUM SUPPORT SERVICES

Sessions offered by Doctors, Midwives and Registered Nurses

- ♥ Free Group Support
- ♥ Online with Zoom
- ♥ Educational



CONTACT US...

Find a date that works best for you!
kamloopsmaternity.ca

60 MINUTE SESSION

INCLUDES:

Zoom presentation by doctors, midwives, nurses and guest speakers on designated topics followed by a question and answer period.

SESSIONS INCLUDE:

1. Infant Safety and First Aid
2. A Baby Toolkit: Sleep, colic, and crying
3. Breastfeeding Nuts and Bolts with guest lactation consultant
4. Pelvic Floor: Your postpartum body with guest physiotherapist
5. Postpartum Survival Skills: Preventing depression and harnessing health and happiness