

# Peel Postpartum Family Support Line

**Embarazada? Tiene un bebe?**

**Triste...Sola...Exhausta...Anciosa...  
Confundida...Frustrada?**

**No estas sola.**

Amable y confidencial soporte para mujeres y familias durante el embarazo, despues del parto, o de la adopcion de un bebe.

Habla abiertamente con alguien que esta ahi para ti.

**Lunes a Viernes, 10am – 10pm**



# 905.459.8441

from Caledon: 289.298.5468

[www.spectrasupport.org](http://www.spectrasupport.org)

PROGRAM FUNDED BY:



## We Welcome Volunteers:

We are currently recruiting volunteers with a passion for supporting women and their families during the prenatal and postpartum period. Please contact the Postpartum Family Support Line Coordinator, Nelia at 905.459.8439 ext. 4

This program is offered by:



**SPECTRA**  
Community Support Services  
*with you through life's challenges*

[www.spectrasupport.org](http://www.spectrasupport.org)

In partnership with:



**PEEL**  
**Postpartum  
Mood Disorder  
Program**

[www.pmdinpeel.ca](http://www.pmdinpeel.ca)