

Emergency Help

Get immediate help if you:

- Feel like hurting yourself or your baby
- Begin to ignore your baby's needs
- Feel like you can no longer cope

In an emergency situation:

- Make sure someone stays with your baby at all times
- Go to the hospital emergency department
- Call the Canadian Mental Health Association (Caledon & Dufferin)

24/7 Crisis Support Line: 1-888-811-2222
www.cmhapeeldufferin.ca

Other Community Supports

Family Transition Place

24 Hour Support Line: 1-800-265-9178
www.familytransitionplace.ca

Catholic Family Services Peel-Dufferin

Intake Line: 905-450-1608 ext. 112
www.cfspd.com

Public Health- Let's Talk Parenting

1-800-265 7293 ext. 3616
www.wdgpublichealth.ca

Feelings After Birth is co-facilitated by agencies serving families in Dufferin County.

FAB Partners:



Feelings After Birth Support Group



To learn more about Feelings After Birth, please contact:

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Great beginnings inspire
great possibilities

Are you experiencing any of the following after birth or adoption of a child?

- Feeling irritable
- Feeling overwhelmed
- Feeling like this isn't what you expected
- Crying for no apparent reason
- Feeling helplessness or inability to cope
- Feeling anxious
- Sleeping too little or too much
- Eating too much or loss of appetite

We are Here to Listen

Feelings After Birth (FAB) is a weekly facilitated peer support group for women experiencing challenging emotional adjustment following birth or adoption of a child.

FAB supports improved well-being and strengthens the capacity of group members to improve relationships with themselves, their child and their partner.



We are Here to Help

FAB facilitators are experienced and knowledgeable professionals. They can provide guidance and support regarding:

- Postpartum mood disorders
- Coping skills
- Self-care
- Healthy relationships
- Infant care (feeding, sleep, wellness)
- Early childhood development, attachment & behaviour
- Helpful resources, supports & referrals

FAB is a safe, non-judgemental group where you are free to share your feelings and experiences.

You are not alone, and you are not to blame.

4 in 5 mothers will have postpartum or “baby blues”.

1 in 5 mothers will have a postpartum mood disorder.



Need Childcare? No Problem.

FAB provides free onsite childcare by registered Early Childhood Educators for the duration of the support group session.