



PACIFIC POST PARTUM SUPPORT SOCIETY

you are not alone

200-7342 Winston St. Burnaby, BC V5A 2H1 Canada
support: 604-255-7999 admin: 604-255-7955
toll-free: 855-255-7999 fax: 604-255-7588
www.postpartum.org charity # 107810632RR0001

PPPSS support, now via text messaging starting February 1, 2019

Since 1971, Pacific Post Partum Support Society has provided support for parents who are experiencing distress during pregnancy or after the birth or adoption of a child—and now we can text!

Provided by our experienced counsellors, support via text messaging is available to anyone who needs it:

- Moms and dads (until youngest child is 3)
- Pregnant women and partners
- Concerned family and friends
- Professional and community helpers

During this project, support via text messaging is available from 10 am–3 pm on Wednesdays and Fridays. Just text **604-255-7999**.

Don't have many cell phone minutes and/or no landline?

Experiencing spotty reception or dropped calls?

Need support, but don't want to wake the baby sleeping on you or talk about what you are feeling in front of your toddler?

Support through text messaging may be perfect for you!

As always, your safety and privacy are extremely important to us. Text message support will be provided through a secure healthcare text-messaging service already used by many help lines across Canada.

This text message support project was made possible through funding from the Face The World Foundation and private donations.

Questions? Please contact Sheila Duffy: sheila@postpartum.org

Our mission is to end the isolation and distress experienced by many women and their families with the profound life change that accompanies the birth or adoption of a child.