



Compass
PERINATAL PEER SUPPORT



Free Support

**FOR PREGNANT & POSTPARTUM MOMS,
PARTNERS & FAMILIES.**

**WEEKLY IN-PERSON GROUP MEETINGS
1:1 PHONE/TEXT SUPPORT
LOCAL RESOURCES (THERAPISTS ETC...)**

***Did you know? 1 in 5 Moms and 1 in 10 Dads suffer from
postpartum depression &/or anxiety.***

Whether you are going through stress, adjustment to parenting, Baby Blues, or pregnancy or postpartum depression/anxiety, we are here for you.

Call or text 800-944-4773
for support or more info



www.compasspps.com

