



**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 and/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](http://www.compasspps.com)

