

Good Beginnings

This program provides FREE in-home support for mothers with babies, under 6 months of age, feeling overwhelmed or who are at risk of postpartum depression.

How do we help?

Trained volunteers visit mothers and babies once a week for 2-3 hours. Volunteers will:

- Provide assistance during medical appointments, community events and other activities outside the home
- Support mother and baby with day to day routine
- Connect mothers to community supports

Referrals to this program can be accepted prior to delivery



FOR MORE INFORMATION OR TO REGISTER:

Contact Lilliana Figueredo at (905) 522-9922 x 310
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Interested in volunteering with this program?
Contact us today!