

Let's connect.



We believe in the power of **peer support**.

We recognize that being able to connect with others who have similar lived experience is incredibly important to your Mental Health.

Join us in this virtual space as we connect, share NICU and preemie parent experiences, and empower one another with support and knowledge.



Drop-In Virtual Peer Group

Hosted by preemie parent and
certified Grief & Trauma Coach, **Kieran Powers**

Thursdays at 12 pm ET

(1:30pm NT, 1:00pm AT, 11:00am CT, 10:00am MT, 9:00am PT)



CPBF is a parent led, charitable organization providing education, support and advocacy for premature babies and their families, during and after their time in the NICU. Visit us online for more resources and programs at canadianpreemies.org

