CPBF Canadian Premature Babies Foundation

FREE mental health supports for preemie parents

Free. Confidential. Available Canada-Wide.

"Talking to another NICU parent helped me feel less alone."

- Parent Care Participant

- **Virtual Peer Support**
- **Parent Care Groups**
- **One-On-One Professional Mental Health Support**

Parent Care

Offering mental health support to parents of preemies.

canadianpreemies.org

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Looking after yourself during and after the NICU



Every parent's journey with their NICU baby is different, but many experience anxiety, grief, trauma, guilt, isolation, or overwhelming stress. These feelings can arise during your baby's hospital stay or long after you've gone home.

You don't have to carry it alone. Support is available, and reaching out early can help you feel more connected, understood, and supported.

You are not alone. *Reaching out early is important as support is there.*

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