

Mental Health Resources for the Postpartum Period

Free Apps:

[Wellness Together Canada](#)

[BounceBack BC](#)

[MindShift CBT](#)

Paid Apps with Free Trials:

[Headspace](#)

[Calm](#)

Connect with Other Parents

IN PERSON Parent & Baby Groups:

Best Babies: [Fernwood](#), [Quadra Village](#), [Saanich](#), [Esquimalt](#), or [Peninsula](#)

[Victoria Native Friendship Centre Prenatal Group](#)

Contact your Public Health Unit

[Mothering Touch](#)

[James Bay Community Project](#)

Join La Leche League for feeding support: [Victoria Central](#) or [Westshore](#)

Join an ONLINE Community:

Search Facebook for groups like "Victoria Mamas for Mamas"

Pacific Postpartum Support Society

Free phone and text support: 1-855-255-7999

[Website & Support Groups](#)

Search Facebook for groups like "Victoria Mamas for Mamas"