

Resources for Dads Postpartum

ONLINE SUPPORT GROUPS:

<https://postpartum.net/group/psi-online-support-meetings/>

<https://postpartum.net/group/nicu-postpartum-parents/>

<https://postpartum.net/group/perinatal-support-for-parents/>

LOCAL COUNSELLING

[https://www.tracimcgee.ca/prenatal-postpartum-counselling-victoria-bc#:~:text=Since%202004%2C%20she%20has%20been,in%20BC%20\(the%20capitol%20region\).](https://www.tracimcgee.ca/prenatal-postpartum-counselling-victoria-bc#:~:text=Since%202004%2C%20she%20has%20been,in%20BC%20(the%20capitol%20region).)

<https://www.crdperinatal.ca/parent-care-resources/>

<https://menstherapycentre.ca/MTC/one-to-one-counselling/>

<https://neuralive.org/mens-mental-health/>

<https://www.bodymindcounselling.ca/our-counsellors>

<https://www.fairfieldpsychology.com/family-therapy>