



Connections

Offering friendly and non-judgemental support
to families with children 0-6 years

Real Help...Right Here...Right Now...

Volunteer Birth Companions needed

Could you spare a few hours a week to support a woman, *and possibly her partner*, through her pregnancy, labour, delivery and postpartum period?

A full training will be provided in September 2023

Quotes from Participants who have had a Birth Companion

“She never left me during my delivery”

“She told me I was a good Mother”

“She taught my partner how to support me in labour”

Quotes from Birth Companions who have had a Match


“A very rewarding experience”

“I can’t believe how well we connected!”

“Mom asked me to cut the cord!”

Please call or email Maureen for more information:
613-257-2779 ext 3104 or mhampton@connectwell.ca

Call 613-257-2779 or
Toll free: 1-888-284-2204 ext. 3100
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