



New Mothers' Support Services

Connecting newcomer mothers to local services and resources

Are you a newcomer new mother? Our New Mothers' Support Services Initiative serves to connect newcomer mothers to local services and resources, provide meaningful networking opportunities, and support you in your post-partum journey.

The following services are being offered as part of the YWCA's JOIN Immigration and Settlement New Mothers' Support Services Initiative:

- Our new in-home volunteer assistance program available for newcomer new mothers in Hamilton and the surrounding area with infants 0-12 months of age and who may be feeling overwhelmed or at risk of postpartum depression. Providing weekly in-home volunteer visits from a trained volunteer, for up to 6 months
- Offering practical support and social interaction
- Access to newcomer resources and activities

Ready to Join? Want to know if you're eligible?

For questions or for more information, please contact:

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[Click here to register online!](https://ywcahamilton.org/join)

ywcahamilton.org/join



Immigration and
Settlement Program



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