

New Parent Support

Having a baby is one of the most special times in a person's life. For both moms and dads, looking after that precious miracle of life is incredibly rewarding...and a little daunting. Most of us don't receive any formal training when it comes to parenting a newborn, but with some education and support, you can be confident that you are doing all the right things.



Be assured your baby's needs are being met!

- **Feeling a little blue?** Many women experience mood swings after giving birth. If you have postpartum blues, talking it over with a professional can be helpful.
- **New to parenthood?** Because babies don't come into the world with a set of instructions, information and support can help new parents handle their new role with confidence.
- **Transitioning back to work?** Making a successful transition after maternity or parental leave is critical for parents. We can help make it a little easier for everyone.

One call is all it takes to get started.

Life Smart Coaching empowers you with the information and support you need to be the best parent possible. We make it simple to get started and guide you step-by-step. When you call our Client Services Centre, here's what you can expect:

1. We ask a few questions to make sure you receive the customized service that will be most helpful.
2. We arrange for one of our clinicians to call you and walk you through the types of support you could benefit from, including personalized resources specific to your concern.

3. We'll be in touch with you while you're using the materials, and help you build the confidence to become the best parent you can be.

Life Smart Coaching services are offered over the telephone. If you ever feel uncertain or overwhelmed, we can arrange counselling services (face-to-face, over the phone, or online).



Life Smart Coaching can help you make new parenting more rewarding.

Call us to get started

1-866-565-4903

International (Call collect): 604-689-1717

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