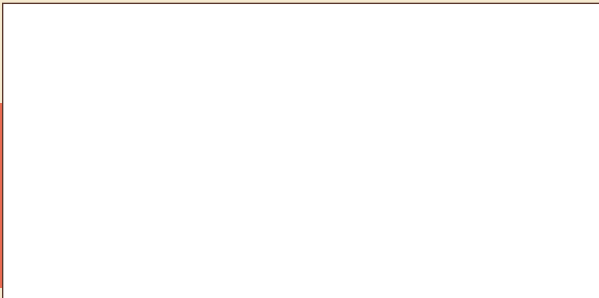




**NEED MORE  
INFORMATION?  
COME TO SIPPE!**



Contact your CLSC. You can also visit [sante.gouv.qc.ca/en/repertoire-ressources](http://sante.gouv.qc.ca/en/repertoire-ressources) to find the CLSC closest to your home.



*Document developed by the Direction régionale de santé publique de Montréal.*

**BEING A PARENT ISN'T ALWAYS EASY...  
FEELING IN OVER  
YOUR HEAD?**



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**SIPPE HELPS**

## The SIPPE program

We all want what's best for our kids, but being a parent isn't always easy. The Services intégrés en périnatalité et pour la petite enfance (SIPPE) program give you the help you need during pregnancy, and from the time your baby is born until he or she starts school.

If you're a **parent who didn't finish high school** or **a vocational training program** or **you feel isolated** and you're **under financial stress**, there are services available for you and your family:



### Personalized support

Support adapted to your needs: school, work, housing, social assistance



### Inspiring ideas

Parent-child activities designed to stimulate children



### Useful information

Information about health, couple relationships, child development and life as a parent



### Enriching encounters

Group meetings with other parents where you can discuss, exchange and share

## Need these services?

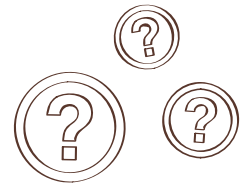
If you're pregnant, register at **Quebec.ca/magrossesse** and depending on your needs, a health professional may contact you.

**You can also call your CLSC and get valuable advice from health and social services professionals.**

They're there to help. The first step will be to come to your home to talk with you about the help you need so you can have peace of mind to live your new parent life.

The program is adapted to your family's needs, and is offered by a team of professionals from your local CLSC: nurse, social worker, nutritionist, psychoeducator, etc.

Is this normal?



Who can help?

Where can I get information?

Can I get any tips?

