

# Pregnancy In A Pandemic Support Group

Having a baby at The Ottawa Hospital?

Worried about how COVID-19 might affect your pregnancy and delivery?

Want to learn how to protect your mental health during this stressful time?

Join this weekly virtual support group led by doctors who specialize in obstetrics, newborn care and the mental health of new parents. We will speak about the most common concerns and struggles of being pregnant during the COVID-19 crisis.



**Tuesdays | 8-9 pm | Zoom**  
**Registration through MyChart**



Please ask your TOH pregnancy care provider for instructions on how to register for this program.

First session November 10, 2020

No cost to participate; coverage is provided through your provincial health insurance