

PREGNANT and AFRAID?

Join a weekly update for women delivering at Sinai

WHAT:

Zoom meetings with a Perinatal Psychiatrist and Obstetrician, answering questions such as:

- What are the current risks if a pregnant woman becomes COVID positive?
- How much worry is too much?
- What can I do to help my mental health in these stressful times?
- Is my partner allowed in the delivery room?

WHEN:

Every Wednesday
from 8pm–9pm

HOW TO REGISTER:

Email Dr. Bev Young to receive a link and password to the Zoom meetings:

beverly.young@sinaihealth.ca

