

SOON, TOMORROW MAYBE – RESSOURCES

We are aware of the difficulty of the subject we are discussing.
Here are some help resources if you need it:

Mère avec pouvoir

Mères avec pouvoir is an organization that aims to promote the autonomy and social and professional integration of women heads of low-income single-parent families with children from birth to five years old.

<https://meresavecpouvoir.org/>

514-282-1882

Tel-Aide

Help line, 24 hours a day, English and French.

<http://www.telaide.org/en/>

514-935-1101

OnlineCare

Online pregnancy and after abortion confidential help, with counselors all across Canada.

<https://onlinecare.ca/>

Grossesse-secours

Grossesse-Secours offers women, men and adolescents support and information related to pregnancy or any related subject, with great respect for the realities and the personal choices of each person.

Website in French, but services also offered in English.

<https://www.grossesse-secours.org/>

514-271-0554 or 1-877-271-0555

LigneParents

LigneParents offer free, confidential and professional counselors services, 365 days a year, between 6 a.m. and 10:30 p.m., by phone, chat or email.

Website in French, but services also offered in English.

<https://www.ligneparents.com/>

1-800-361-5085