



FOR PERINATAL MENTAL HEALTH

Annual Report

2023

Overview

Established in 2022, Together: For Perinatal Mental Health Inc. is a non-profit organization focused on providing inclusive and culturally informed perinatal mental health supports to families and building collective community care in Waterloo Region.

Mission

- **Together** we unite families, health care providers, and community partners to increase perinatal mental health care in Waterloo Region.
- **Together** we recognize that family structures are diverse and wide ranging and that anyone can be affected by Perinatal Mental Health struggles.
- **Together** we actively work with marginalized communities through knowledge exchanges.

Acknowledgement

“Together Waterloo is situated on land that is the traditional home of the Haudenosaunee, Anishinaabe, and Neutral People. We recognize and deeply appreciate their historic connection to this place. We also recognize the contributions Indigenous peoples have made in shaping and strengthening this community. We are grateful for the opportunity to meet here and re-affirm our collective commitment to make the promise and the challenge of Truth and Reconciliation real in our community.”

A Year in Review

First Knowledge Exchange

Knowledge Exchanges are an opportunity to bring perinatal mental health foundational knowledge to organizations who work with perinatal communities. These are offered for free to organizations. Together Waterloo's first knowledge exchange was with Canadian Arab Women's Association.

Politician Connections

In March 2023, Minister Carolyn Bennett reached out to Together Waterloo inviting us to a roundtable discussion about perinatal mental health in Canada. On April 14th, 2023 Together board members, stakeholder partners, and other politicians met. Subsequent meetings were scheduled with MP Mike Morrice and former MPP Laura Mae Lindo.



Climb Fundraiser

Together Waterloo's third annual Climb Out of the Darkness fundraiser took place on June 24th, 2023. The Climb offered activities and opportunities for connection to the community. MP Mike Morrice and Kitchener Mayor Barry Vrbancovic were in attendance and spoke at the event.

Raised
\$15,000

A Year in Review

Support Groups

2SLGBTQIA+ Therapeutic Support group welcomed parents in Ontario to come together to share and process fertility, pregnancy, birth and postpartum issues with the guidance of a registered social worker. Two successful sessions of the group were held in the Winter and Fall of 2023. Funds from CPMHC's Flora's Walk made the fall group possible.

14
Parents
Supported

Community Engagement

Together Waterloo became members of the CivicHub in July 2023. This membership provides opportunities to network with other Waterloo Region grassroot organizations.

Community organizations invited Together Waterloo to attend and participate in events. These events allowed Together Waterloo to raise awareness around poverty and parenting, perinatal suicide prevention, and resources.

Events Attended

- World Suicide Prevention Day
- Breastfeeding Buddies Walk & Talk
- SDGTalks

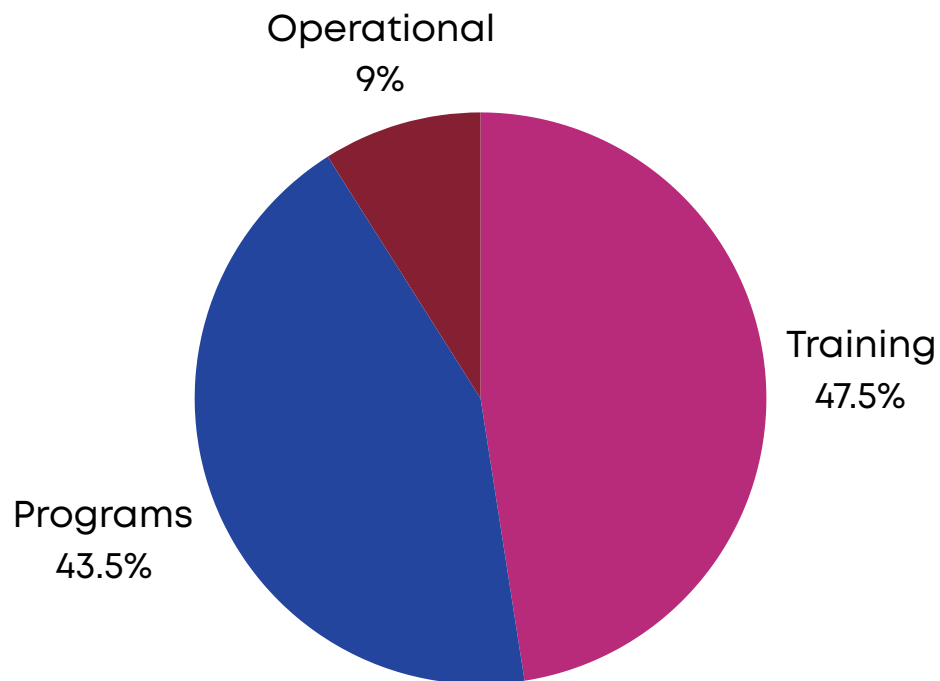
EarlyON Contract

In April 2023, EarlyON Waterloo Region requested a perinatal mental health foundational training proposal for their employees. Upon receiving funding from the Ministry of Education, Together Waterloo received a contract for four trainings.

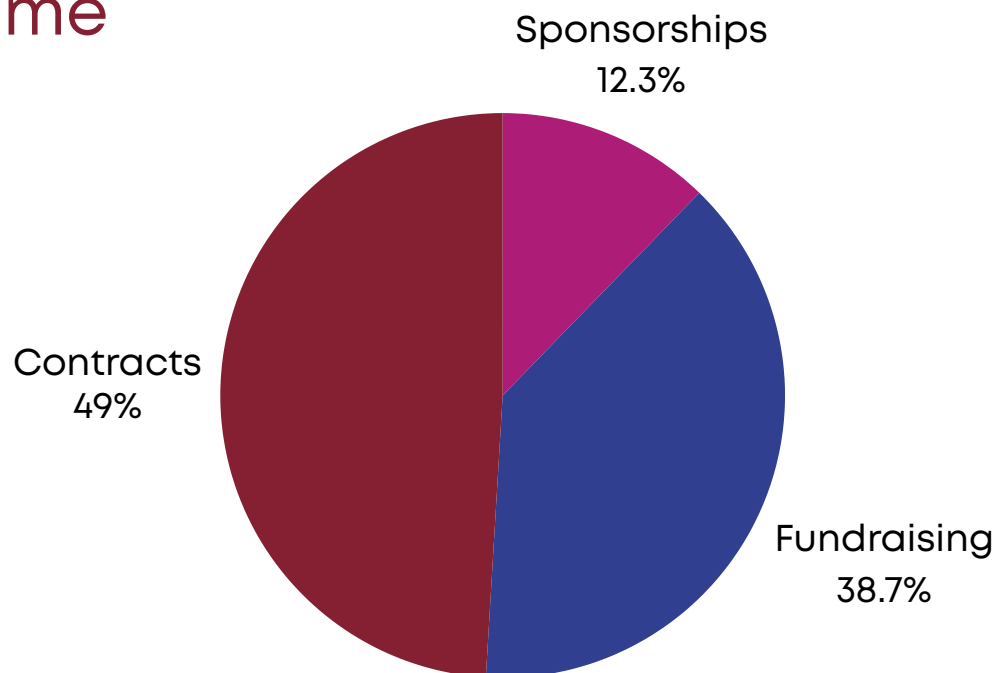
50
Staff Trained

Statement of Operations

Expenditures



Income



Community Feedback

"Thanks for everything! Very helpful to have a consistent space to come to each week. Was not prepared for just how vulnerable the postpartum period would be." **ExAT Group Participant**

"I'm so grateful for this group. It always left me feeling supported, hopeful, and more prepared to be a parent. It was also so validating for the strange experience of pregnancy and navigating queerness at the same time. Pregnancy was very lonely and isolating for me, but knowing I always had the support group really helped." **2SLGBTQIA+ Therapeutic Support Group Participant**

"The training gave many frameworks to see the things that influence parenting and to realize there are barriers based on what influences parents eg. expectations, culture, etc" **Knowledge Exchange Participant**

"I felt that this training was incredibly important for me as someone who doesn't have children yet. I feel much more able to support the families who come into our centre." **Knowledge Exchange Participant**

Our People

Board of Directors

Fadhilah Balogun (Member)
Meagan Snyder (Interim Chair)
Sophie Sivku (Secretary)

Co-Executive Directors

Catherine Mellinger
Lisette Weber

2024 Strategic Plan

01

Visibility

Increase
Awareness of
Together
Waterloo in
Waterloo
Region



02

Equity

Generate Equity
Pay Model for
Perinatal Mental
Health Trainings



03

Capacity

Increase
Together
Waterloo's
Capacity to
Serve the Region



04

Support

Develop a
Model for
Embedded
Neighbourhood
Peer Support



Thank You Sponsors

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FOR PERINATAL MENTAL HEALTH

Thank You

For further inquiries and information

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Be part of the conversation
@TogetherWaterloo
#PerinatalMentalHealthWR

