



*Supporting
Multiple Births
Together*

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MULTIPLE BIRTHS CANADA E-NEWS

May 31, 2016

Visit us on Social Media:



FIND SUPPORT HERE!

For over 35 years, Multiple Births Canada has been the only national organization supporting multiple-birth individuals and their families in Canada. Support is at the core of what we believe in and what we offer.

Families raising multiples can find themselves in unique situations. Whether it starts at birth in a preterm situation, or in early childhood with the challenges faced by breastfeeding more than one infant at a time, to helping families raising multiples with special needs, to being there to support lone parents and those grieving due to loss, and more, MBC is here to support all of our families.

Our support networks are run by passionate volunteers who have been where you are and can offer guidance, information, and of course support through any road you are traveling. You can access them through email here, or you can join our many online networks on Facebook through the links below.


MBC will always be here to offer that valuable and crucial support to our families across the country. When you meet a new multiple birth family, please suggest they reach out to us directly or through one of our affiliate chapters.

Multiple Births Canada Support Networks

Please check out the MBC [Website](#) for the full list of our Support Networks and their descriptions.

To join any of our Support Network Facebook Groups, please follow the links below:

- [Preterm Birth Support Network](#)
 - [Breastfeeding Support Network](#)
 - [Higher Order Multiples Support Network](#)
 - [Lone Parent Support Network](#)
 - [Special Needs Support Network](#)
 - [Francophone Support Network](#)
 - [Adult Support Network](#)
 - [Postpartum Depression/Anxiety Support Network](#)
 - [Loss Support Network](#)
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*I wanted to say how thankful
we are for your compassion & support!
All of the individuals we have corresponded
with have been wonderful. MBC is truly
made up of a remarkable group of
caring individuals!*

Uncle to preterm triplets, Ontario

**JOIN US SEPTEMBER 29-OCTOBER 2 FOR
2016 MBC RETREAT & AGM IN DURHAM, ONTARIO!**

The 2016 MBC Retreat and AGM hosted by the Durham Parents of Multiples at the newly renovated Hilton Garden Inn in Ajax, Ontario. DPOM and MBC are working hard to make sure that from September 29 to October 2, 2016, delegates will have the opportunity to take in a variety of exciting speakers and attend some excellent workshops.

Through our theme of *Re-Connect, Re-Energize, Re-Ignite* and *Remember*, we will focus on Re-connecting with old friends and making new ones, Re-energizing your soul to become a happier person, parent and volunteer, Reigniting your passion for your organization and MBC, and Remembering why we do what we do! Join our Facebook group today and stay up to date on new speakers and workshops, and be first in line when registration opens soon!



Please Help MBC to Support More Families!



*Supporting the Multiple Birth Community
for over 35 years!*

Toll Free: 1-866-228-8824 | Email: office@multiplebirthscanada.org
www.multiplebirthscanada.org

Hi, just a reminder that you're receiving this email because you have expressed an interest in Multiple Births Canada now or in the past, or you are a current member or volunteer for Multiple Births Canada. PLEASE NOTE: If you are a current member of a Chapter of Multiple Births Canada your email will continue to be part of our database each time your membership is renewed with your Chapter. Don't forget to add office@multiplebirthscanada.org to your address book so we'll be sure to land in your inbox!

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