

Hi, just a reminder that you're receiving this email because you have expressed an interest in Multiple Births Canada (MBC), have been or continue to be a member of MBC. Don't forget to add [office@multiplebirthscanada.org](mailto:office@multiplebirthscanada.org) to your address book so we'll be sure to land in your inbox!

You may [unsubscribe](#) if you no longer wish to receive our emails.

May 21st, 2013 - Issue #1

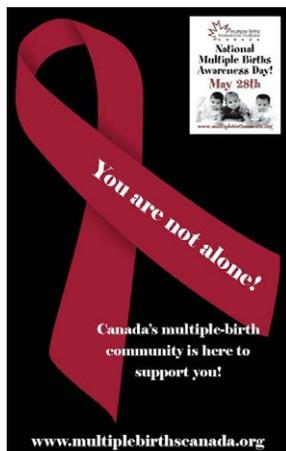
## E-NEWS From Multiple Births Canada



*Supporting  
Multiple Births  
Together*

Welcome to Multiple Births Canada E-NEWS!

Dear Kim,



### Countdown to National Multiple Births Awareness Day May 28th!

The theme for this year's National Multiple Births Awareness Day is:  
***You're not alone! Canada's multiple-birth community is here to support you.***

This theme allows us to recognize the strength of belonging to an MBC Affiliate Organization (Chapter) or other multiple-birth group. The fundamental message is that we help lighten the load for multiple-birth families by providing them with experienced mentors who understand the unique challenges faced by our community. By sharing our knowledge, gathering to network, and being there for one another, we strengthen each other's ability to make informed decisions and be effective multiple-birth parents.



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Multiple Births Canada encourages multiple-birth groups and MBC Affiliate Organizations, and the agencies that support them to begin planning for this year's event. While the actual date for National Multiple Births Awareness Day is May 28th, the Board recommends choosing any day within the week of May 25 to June 2 to celebrate; this will ensure your event can be well attended.

### **Awareness Day Materials Now Posted!**

National Multiple Births Awareness Day materials have now been posted on the MBC website to provide guidance on key messages to deliver, outreach materials to produce, and communication documents to share with local media.

[Community Celebration Planner](#)

[Media Release](#)

[MBC Backgrounder](#)

[List of MBC Fact Sheets](#)

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### **For more information please contact:**

Gail Moore, Advocacy and Awareness Coordinator:

[gail.moore@multiplebirthscanada.org](mailto:gail.moore@multiplebirthscanada.org) or

Kimberley Weatherall, Executive Director

[kimberley.weatherall@multiplebirthscanada.org](mailto:kimberley.weatherall@multiplebirthscanada.org)

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## **Show Your Support! Wear Burgundy Ribbons!**

Wear burgundy ribbons to create awareness through this year's theme for National Multiple Births Awareness Day - ***"You are not alone - Canada's multiple-birth community is here to support you."***

Families with twins should each wear two ribbons on their shirt; families with triplets should each wear three ribbons, etc. Please wear them, and be prepared to explain why you're wearing them. Let others know that you are proud to be part of Canada's multiple-birth community and you can help make a difference for others.



The goal is to reach new and expectant parents, letting them know there is support - across Canada through MBC, and locally via MBC Chapters and other support organizations. Wearing burgundy ribbons during the weeks leading up to and after May 28th allows you to reach out and create awareness of Canada's strong and vibrant multiple-birth community.

## JOIN A SUPPORT NETWORK!

Nationally, MBC is encouraging multiple-birth parents to register for one more of its national Support Networks. These networks provide opportunities for multiple-birth families in the same or similar situations to share concerns and areas of expertise with one another.

### MBC currently hosts the following Support Networks:

- [Preterm Birth](#)
- [Breastfeeding](#)
- [Special Needs](#)
- [Father](#)
- [Lone Parent](#)
- [Higher Order Multiples](#)
- [Loss](#)
- [LGBTQ+](#)
- [Francophone](#)

These networks allow parents in every province/territory and in every size community to be there for each other, providing strength in knowing that ***You're not alone! Canada's multiple-birth community is here to support you.***

Perhaps you do not need the support offered through these support networks but feel you would like to provide support to others. Please contact our Volunteer Coordinator Dawn at [volunteers@multiplebirthscanada.org](mailto:volunteers@multiplebirthscanada.org) to let her know you would like to share your support with others.

*In our 35th year of supporting Canada's Multiple Birth Community!*

**[www.multiplebirthscanada.org](http://www.multiplebirthscanada.org)**

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