



Essential, one-of-a-kind perinatal expertise across Quebec!

All throughout Quebec, **perinatal resources centres** (CRPs in the French acronym) are community-based agencies that offer perinatal activities and services for parents and future parents.

CRPs give parents a helping hand as they adjust to and transition through each new stage, from before conception, to pregnancy and birth and until their baby reaches the age of two.



14 000

Quebec's CRPs serve almost **14,000 families** of newborn and soon-to-be-born babies each year.

Quality seal

To receive RCRPQ affiliation, CRPs must meet all the criteria required for the seal of recognition, which ensures that all CRPs offer the same high-quality services.



Services

Each CRP has the autonomy to design the range of services it offers and tailor them to the needs of its region. These services help parents and parents-to-be shoulder their new roles, grow their knowledge, enjoy the perinatal experience and connect with their community.

- Pre- and postnatal physical activities
- Prenatal meetings to prepare for baby
- *Relevailles* (at-home support services)
- Lactation support
- Activities for baby (massage, stimulation/alertness, etc.)
- Activities and support groups for dads
- Baby carrying
- Postpartum depression support and prevention group
- Perinatal grief support group
- Presentations about pregnancy, birth and life with baby
- CPR and first aid
- Car seat safety check
- Documentation centre
- And more!

About the RCRPQ

For 25 years, the Quebec CRP network (Réseau des Centres de ressources périnatales du Québec, RCRPQ) has overseen the growth and development of CRPs across Quebec. RCRPQ unites and supports CRPs and spreads the word about the good work they do. It also advocates for public policies that help all families in Quebec benefit from perinatal services every step of the way.

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