



**Réseau des CRP**

Centres de Ressources  
Périnatales du Québec

All throughout Quebec, **Perinatal Resource Centres** (CRPs in the French acronym) are community-based organizations that give parents a helping hand as they adjust to and transition through each new stage, from pregnancy and until their baby reaches the age of two.

Through a diverse and accessible range of activities and services, CRPs contribute to the well-being of families, help prevent difficulties, and strengthen the sense of parental competence.

**20 000**

Quebec's CRPs serve almost **20,000 parents of newborn and soon-to-be-born babies** each year.

## Recognition 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 range of services.



## Activities and 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 meetings
- *Relevailles* (at-home support services)
- Lactation support
- Activities for baby (massage, stimulation/alertness, etc.)
- Coffee gatherings
- Activities and groups for dads
- Pre- and postnatal physical activities
- Baby carrying
- Postpartum support group
- Perinatal loss support group
- Presentations about pregnancy, birth and life with a baby
- And more!

## About the RCRPQ

Since 1999, the Réseau des Centres de ressources périnatales du Québec (RCRPQ) mobilizes, supports and speaks on behalf of CRPs all across Quebec to promote access to their services.

RCRPQ advocates to decision-makers about the challenges that parents face during the perinatal period and also collaborates with national partners and researchers to develop concrete actions for the benefit of families.

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