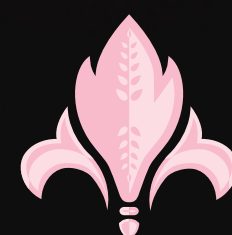
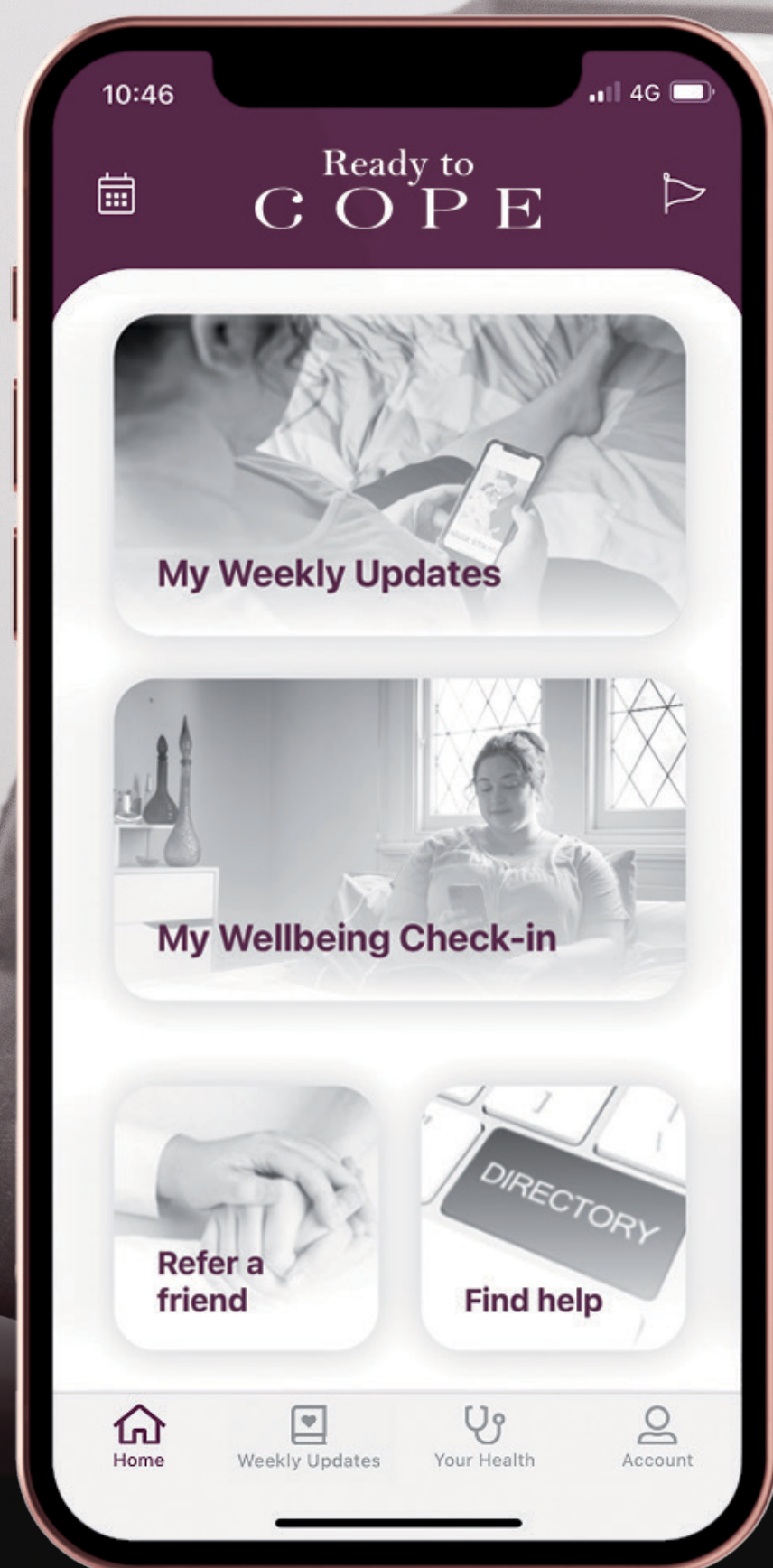


# The free app that helps prepare you for parenthood.

**Ready to COPE** supports your emotional wellbeing,  
throughout pregnancy and early parenthood.

- > Relevant weekly insights and expert advice
- > Check-ins to monitor how you are coping
- > Personal appointments calendar
- > Connection to support and services

**Download your FREE Ready to COPE app**



**COPE**  
Centre of Perinatal Excellence