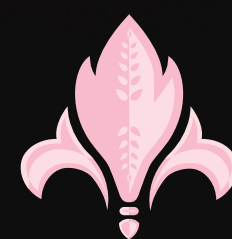
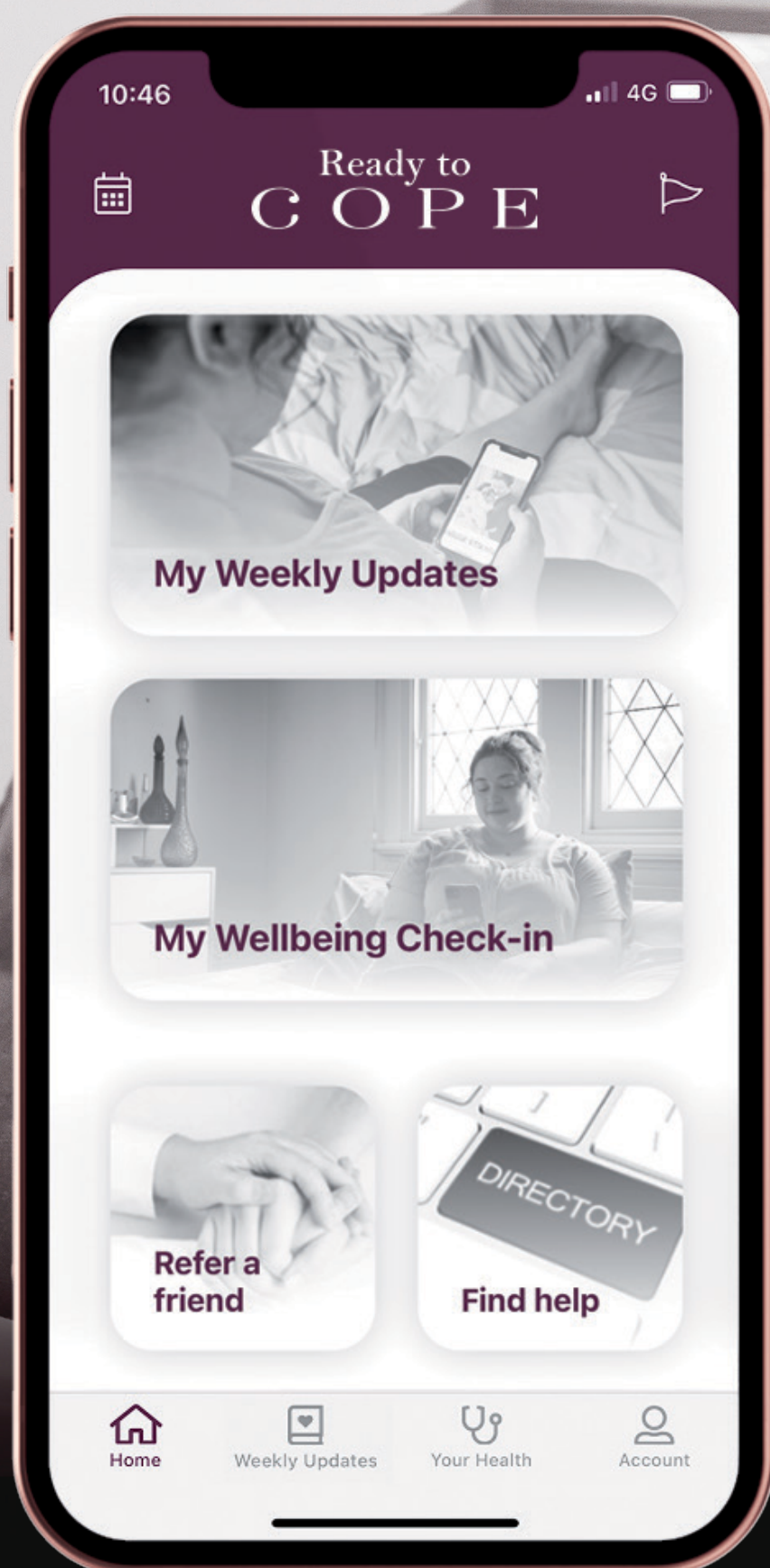


# The free app that helps prepare you for parenthood.

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