

MEDIA ADVISORY

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NEW WEBSITE OFFERS MULTIPLE BIRTH FAMILIES ACROSS CANADA INSTANT ACCESS TO INFORMATION AND SUPPORT

WASAGA BEACH – Multiple Births Canada (MBC), the national voice for multiple birth individuals and their families, launched a comprehensive new website today giving Canadians free and easy access to valuable information and mentoring support.

The website, www.multiplebirthscanada.org, allows new and experienced parents, medical and educational professionals, chapters and interested agencies a portal to the world of multiple birth issues. General information is available on a wide range of topics including pregnancy risks, singleton siblings, nutritional guidelines, vanishing twin syndrome, lone parenting, and multiples in school. The website also has a discussion forum, which allows the MBC community to share concerns and insights, and mentor each other through the many challenges associated with the unique multiple birth experience. The volunteer orientation section brings to reality a two-year project designed to provide chapters with online training for their volunteers. MBC Chair, Kim Weatherall says, "The training modules lead volunteers through a series of learning experiences, whereby they gain a better understanding of the theory behind the activities and network services delivered by MBC chapters across Canada."

Founded in 1978 as Parents of Multiple Births Association of Canada (POMBA), and reincorporated in 2000, as Multiple Births Canada (MBC), the organization is recognized worldwide for providing support, education, research, and advocacy, nationally and internationally, to individuals, families, chapters, and organizations that have a personal or professional interest in multiple birth issues. The introduction of the new website is an additional support system to compliment numerous educational and informative publications already available in print, including the quarterly magazine [Multiple Moments](#), the quarterly newsletter Report From National, and a wide variety of booklets, pamphlets, and fact sheets.

The intent of the new website is to create a stronger national organization, better serve the needs of Canada's multiple birth community and further MBC's mission, "*to improve the quality of life for multiple birth individuals and their families across Canada.*" For more information on the Multiple Births Canada, call 1-866-228-8824 or visit the website at www.multiplebirthscanada.org.

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