



Evening Prenatal Program

In-person program every Tuesday

from 5:45 p.m. to 7:00 p.m.

Starting Sept 19, 2023

Black Creek Toronto Public Library

North York Sheridan Mall

(Wilson Ave & Jane St)

- Are you new to Canada and far away from family and friends?
- Would you like to find out more about services in your community?
- Is English your second language?
- Do you need reassurance about becoming a parent?
- Are you feeling alone or isolated?
- Are you worried about food and financial security?
- Are you having family difficulties?
- Have you had or are you having a problem with alcohol and drugs?
- Are you undocumented?

The Canada Prenatal Nutrition Program (CPNP) can help by providing the following services to pregnant women:

- Learn about stages and health during pregnancy
- Learn about labour and delivery
- Learn about nutrition and healthy eating
- Enjoy food demonstrations with Registered Dietitians
- Receive breastfeeding information
- Meet other pregnant women
- Talk with nurses, Registered Dietitians and support workers
- Receive referrals to other services and supports
- Presto Cards & Grocery Gift Cards weekly



SickKids

Garry Hurvitz
Centre for Community
Mental Health

**For more information and to
register, please call**

416-924-1164 ext. 8719

Email:

prevention.services@sickkidscmh.ca