



"Growing Healthy Two-gether"

Are you pregnant?

کیا آپ حاملہ ہیں؟

A jeni shtatzënë?

您怀孕了吗？

¿Está Ud. Embarazada?

Hamile misiniz?

ਕੀ ਤੁਸੀਂ ਗਰਭਵਤੀ ਹੋ?

نایا زگت ھایہ؟

ເກີ້ມູກຢາດໄຊ້ເກາະບູ?

هل أنت حامل؟



Canada Prenatal Nutrition Program
For Pregnant Women Who Want to Have
A Healthy Baby

Funded by Public Health Agency of Canada

For more information about this
weekly free program, please call:

519-575-4400 or
519-741-1122 ext. 223

CARIZON
family + community services



"Growing Healthy Two-gether"

Learn about:

- ▶ Having a healthy pregnancy
- ▶ Healthy eating during pregnancy
- ▶ Tips on cooking and making meals
- ▶ Getting ready for birth and your baby
- ▶ Becoming a parent

Meet Health Care Professionals to:





- ▶ **TALK** about your pregnancy
- ▶ **RECEIVE** support

Locations the program is offered :

We also offer:

- ▶ Healthy snacks
- ▶ Grocery gift card
- ▶ Prenatal vitamins
- ▶ Breastfeeding support
- ▶ Free child care and bus tickets
- ▶ Referral to community services
- ▶ Vitamin D for your breastfed baby



 KNOX CHURCH 50 Erb St. West - Waterloo	Tuesday 10 am Bus route #5, #7C, #7D and #7E
 OUR PLACE FAMILY RESOURCE AND EARLY YEARS CENTRE 154 Gatewood Rd. - Kitchener	Tuesday 1 pm Bus route #12 and #25
 CAMBRIDGE FAMILY EARLY YEARS 149 Ainslie St. North - CAMBRIDGE	Wednesday 1 pm Bus route #51
 ST. PETER'S CHURCH 49 Queen St. North - Kitchener	Thursday 10 am Bus route #3 (Idlewood), #7, #11 (Countryhills), #8 and #15 (Frederick)

For more information or to register, please call Region of Waterloo—Service First—Call Centre
519-575-4400 or 519-741-1122 ext. 223

<http://www.carizon.ca/community-services/canada-prenatal-nutrition-program/>