

Other prenatal programs available in the area, please call for more information.

Eastview Neighbourhood Community Centre

Healthy Beginnings
86 Blake Street
416-392-1750
Wednesdays 1:00 – 3:30 p.m.

Jessie's Centre

For women 19 & younger.
205 Parliament Street,
416-365-1888
Mondays 6:30 – 8:30 p.m.

Regent Park Community Centre

Parents for Better Beginnings
203 Sackville Green,
416-362-0805
Mondays 1:00 – 3:00 p.m.

St. Jamestown

Prenatal Group – Food for Two
Wellesley Community Centre
495 Sherbourne Street, Room A
416-921-8716 Ext 231
Thursdays 1:00 – 3:00 p.m.

Are you pregnant?

Helping Our Babies Grow

Applegrove's **FREE** Prenatal Program.

NEW PROGRAM TIME...
beginning September 10th, 2018.

Every Monday evening from 6:00 – 8:00 p.m.
60 Woodfield Road, lower level.

We changed our program to evenings to meet the needs and offer support to working women.

Who is eligible to attend?

- Ⓢ All women who are pregnant
- Ⓢ You cannot be attending another Program run by our CPNP partners

Who can attend with me?

- Ⓢ Your children
- Ⓢ Your partner when scheduled
- Ⓢ Free childcare for siblings



Prenatal Program

Helping Our Babies Grow evening program is for women who are pregnant and cannot attend other programs during the day because they are working or attending school. We are a prenatal program but offer support to mother and baby after birth as well, so you can continue to attend until your baby is 6 months old. During the program, you can have one on one time with a Toronto Public Health Nurse, a Dietician, and a lactation specialist to talk about any concerns or questions regarding your pregnancy.

You can meet other moms and build friendships.

Our Weekly Program includes:

- 🌀 A simple healthy dinner.
- 🌀 Social time to talk with other moms.
- 🌀 Health and nutrition information
- 🌀 Receive grocery vouchers & tokens for attending.
- 🌀 Education workshops
- 🌀 Cooking demonstrations
- 🌀 Dietetic and Nursing support

Program schedule:

- Arrive at 6:00 p.m.
- Dinner served at 6:15 p.m.
- Workshop or Activity 6:45 – 7:45 p.m.
- Time to go home 8:00

Program staff can speak:

- English
- Cantonese
- Mandarin
- Urdu
- Hindi
- Gujarati

Interpreters are available for other languages.

Activities for your family

- 🌀 Eating together
- 🌀 Craft activities
- 🌀 Circle time
- 🌀 Guest speakers
- 🌀 Learn about other programs in the area
- 🌀 Share parenting tips with other families
- 🌀 Group cooking demonstrations
- 🌀 Partner involvement



Helping Our Babies Grow is a CPNP program that is provided in partnership with Applegrove, East End Community Health Centre and Toronto Public Health.



www.ApplegroveCC.ca

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Public Health
Agency of Canada

Agence de la santé
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