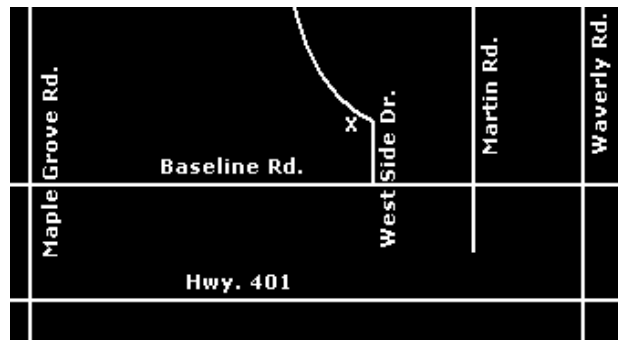


Additional Supports for Young Moms

- Durham Region Health Department: Healthy Babies Healthy Children, Breastfeeding Support Groups, SMILE Prenatal Program
1-800-841-2729
- Ontario Early Years Centre
(905)697-3171
- Pregnancy Support Team—Durham Alternative Secondary School
(905)839-2913
- MotherRisk: Pregnancy Helpline
(416)813-6780
- FCAP: Family and Community Action Program 1-800-214-7163
- Rose of Durham: Young Parent Support Services (905)432-3622
- The Salvation Army (905)623-2185
- Denise House 1-800-263-3725
- St. Vincent: Food Bank (905)623-3233
- YWCA Housing (905)576-8880
- Pinewood Centre: Addiction Support (905)697-2746
- Social Services: Family Services Durham 1-866-840-6697

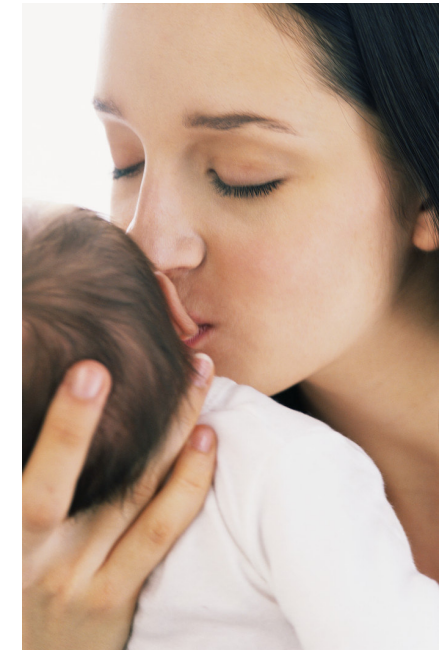


Food '4' Thought Bowmanville Site

**OEYC Bowmanville
Dr. Ross Tilley Public School
45 Westside Dr., Bowmanville**

Food '4' Thought Bowmanville Site

A Drop-in Program For Pregnant Young Women Up to 26 Years of Age



Funded by Public Health Agency of Canada
Administered by Girls Incorporated of Durham

**girls
inc.®**

**OEYC Bowmanville
45 Westside Dr., Bowmanville**



What's it all about?

- Meet other young moms
- Talk with understanding professionals
- Take home healthy food and prenatal vitamins
- Join in interesting discussions and workshops
- Learn about programs and services for you and your baby
- Transportation assistance available
- Get breastfeeding information and support
- Enjoy a healthy snack



CPNP Drop-in Sites, which are known as Food '4' Thought Drop-ins, are operated in 10 sites throughout Durham Region.

The goal of the Pre & Post Natal Nutrition Project is to improve the health of pregnant women & babies.

Build a Better Baby at Food '4' Thought

Day: Tuesdays

Time: 12:30 - 2:30pm

**Location: Ontario Early Years Centre Bowmanville
Dr. Ross Tilley Public School**



For more information and site locations please call:

Girls Incorporated of Durham
(905) 428 - 8111 or toll free
at 1 - 877 - GIRLS - XL
or

Durham Health Connection
Line 1 - 800 - 841 - 2729

