

Additional Supports for Young Moms

- Durham Region Health Department Healthy Babies Healthy Children, Breastfeeding Support Groups & SMILE Prenatal Program
1-800-841-2729
- 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)723-7422
- Ontario Early Years YWCA Durham
(905)723-9922
- Denise House 1-800-263-3725
- Pinewood Centre: Addiction Support
(905)571-3344
- Durham Region Mental Health Mobile Crisis Unit 1-800-742-1890
- YWCA Housing (905)576-8880
- Social Services: Family Services
Durham 1-866-840-6697

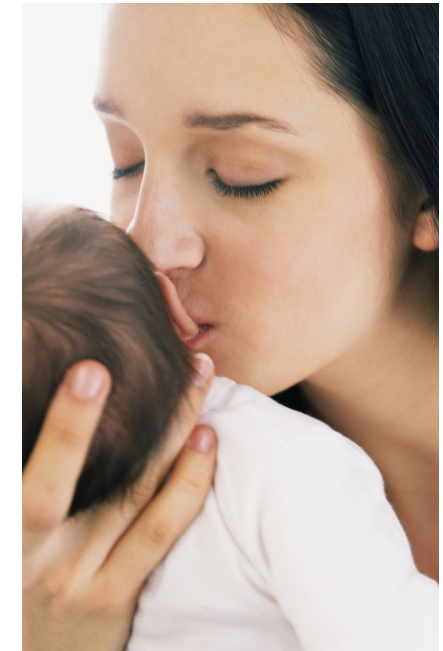


Food '4' Thought Umbrellas Site

**Rose of Durham
200 Bond Street West
Oshawa**

Food '4' Thought Umbrellas 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.**

**Rose of Durham
200 Bond Street West
Oshawa**



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 may be 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: Friday

Time: 10:30—12:30 PM

Location: Rose of Durham
200 Bond Street West
Oshawa



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

