

## Additional Supports for Young Moms

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- Durham Region Health Department: Healthy Babies Healthy Children, Breastfeeding Support Groups & SMILE Prenatal Program  
1-800-841-2729
- The Youth Centre (905)428-1212
- 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
- Pinewood Centre: Addiction Support  
(905)683-5950
- Social Services: Family Services Durham 1-866-840-6697
- Rose of Durham: Young Parent Support Services (905)432-3622
- The Salvation Army (905)427-7123
- Denise House 1-800-263-3725
- YWCA Housing (905)576-8880
- Durham Region Mental Health Mobile Crisis Unit 1-800-742-1890



## Food '4' Thought Whitby Site

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**Marigold Co-Op  
121 Ash Street  
Whitby, Ontario**

## Food '4' Thought Whitby Site

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*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.®**

**Marigold Co-Op  
121 Ash Street, Whitby**



## 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: Mondays**

**Time: 2:30pm to 4:30pm**

**Location: Marigold Co-Op  
121 Ash Street, Whitby**



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

