



Food '4' Thought is a **FREE** prenatal nutrition program for prenatal women 26 years of age and under.

This program aims:

- to reduce the incidence of unhealthy birth weights
- to improve the health of both infant and mother
- to encourage breastfeeding.

There are 8 Food '4' Thought Drop-in Sites throughout Durham.

girls inc.

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



Are you pregnant
& under 26 ?

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



Food '4' Thought Sites and Times



Public Health
Agency of Canada

Drop-In Sites and Locations

The Glen St Site:

The Glen St Public School – Oshawa
929 Glen Street, Oshawa
Monday 1:00 - 2:30 PM
Closed during the summer months

North Oshawa site:

Gordon B. Attersley P.S. Hub Room
1110 Attersley Dr. Oshawa
Tuesday 1:00 - 3:00 PM

Ajax site:

The Youth Centre
5-360 Bayly Street West, Ajax
Wednesday 2:00 - 4:15 PM

South Oshawa site:

YWCA Durham OEYC – Oshawa
1 McGrigor Street, Oshawa
Thursday 1:00 3:00 PM



Public Health
Agency of Canada



Uxbridge site:

Baptist Church
231 Brock Street West, Uxbridge
Monday 11:30 - 1:30 PM

Cannington site:

Trinity United Church
50 Laidlaw Street North, Cannington
Tuesday 9:00 – 11:00AM
Closed during the summer months

Beaverton site:

St. Andrews United Church
523 Simcoe Street, Beaverton
Tuesday 12:30 – 2:30PM
Closed during the summer months

For maps to each of the sites go to
www.girlsinc-durham.org

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

