



SUPPORTING YOUR GROWING FAMILY

Are you pregnant or a new parent?
We're here to **help.**



WDG Public Health offers **FREE** programs and services to support your growing family including:



Prenatal and Postpartum Support: Connect with a public health nurse during pregnancy and after birth for guidance, resources and tailored support in caring for your new baby.



Online Prenatal & New Parent Program: Learn about pregnancy, birth, infant feeding, and newborn care at your own pace with our free online program.



Healthy Babies Healthy Children (HBHC) Home Visiting Program: Personalized support for eligible families to help guide you through your parenting journey and your baby's development.



Health Line - Questions about parenting or your child's health: Call us to connect with a public health nurse. Get trusted information on pregnancy, infant feeding, healthy growth and development, parenting support, and local programs, services and resources.

Learn more!

1-800-265-7293 ext. 7006 | wdgpublichealth.ca/parenting



SCAN ME