



- ✓ **FREE! FUN! EVERY WEEK!**
- ✓ **Learn about eating well & having a healthy pregnancy**
- ✓ **Meet other moms-to-be**
- ✓ **Prepare and eat a healthy snack**
- ✓ **Find answers to your questions**
- ✓ **Get support from a Public Health Dietitian and a Public Health Nurse**
- ✓ **Receive a grocery gift card and bus tickets**
- ✓ **Receive prenatal vitamins and vitamin D supplements**
- ✓ **Discover other community resources**
- ✓ **Have one-on-one counselling as needed**

**Child-minding is provided for children under 6 years**



**Hamilton Prenatal Nutrition Project (HPNP)** has 15 years of success in Hamilton providing prenatal care and support.

**HPNP** links 9 weekly prenatal groups spread throughout the City of Hamilton - Healthy Moms Healthy Babies groups from North Hamilton Community Health Centre and Welcome Baby groups from Family Health Division, Public Health Services.

**HPNP** receives a financial contribution from the Canada Prenatal Nutrition Program (CPNP), Public Health Agency of Canada in agreement with the Province of Ontario.



**For more information, please call  
Health Connections 905-546-3550**

[www.hamilton.ca/nutrition](http://www.hamilton.ca/nutrition)  
[www.northhamiltonchc.org](http://www.northhamiltonchc.org)

# Are You Pregnant?



តើអ្នកមានផ្ទៃពោះឬ?

هل أنت حامل؟

Êtes-vous enceinte?

A jeni shtatzënë?

ਕੀ ਤੁਸੀਂ ਗਰਭਵਤੀ ਹੋ?

نایا زگت ههیه؟

کیا آپ حاملہ ہیں؟

Hamile misiniz?

မာ်နအိန်ဒီးနဟူးနသးဓါ?

您怀孕了吗?

¿Está usted embarazada?

# Join a group close to where you live

Where?

When?

## Healthy Moms, Healthy Babies

<p><b>1</b> North Hamilton Community Health Centre 438 Hughson Street North (between Macauley &amp; Picton)</p>	<p><b>Tuesday</b> 10:00am-12:00 noon &amp; <b>Thursday</b> 12:30-2:30pm Route 02 or 04</p>
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## Welcome Baby

<p><b>2</b> Church of Ascension 65 Charlton Avenue East (corner of John St. &amp; Charlton Ave.)</p>	<p><b>Thursday</b> 1:00-3:00pm Routes 23 to 27</p>
<p><b>3</b> Church of the Resurrection 435 Mohawk Road West (at Garth, beside fire hall)</p>	<p><b>Tuesday</b> 1:00-3:00pm Route 41</p>
<p><b>4</b> OEYC - Sanford 735 King Street East Floor 1A (corner King &amp; Sanford)</p>	<p><b>Tuesday</b> 9:30-11:30am Route 05 or 01</p>
<p><b>5</b> OEYC - Main West 1900 Main Street West (enter at back of apartment building)</p>	<p><b>Wednesday</b> 1:15-3:15pm Route 5C or 51</p>
<p><b>6</b> Youth Group OEYC – Angela’s Place 320 Tragina Avenue North (corner of Barton &amp; Tragina - 4 blocks east of The Centre on Barton)</p>	<p><b>Tuesday</b> 4:00-6:00pm Route 02 or 41</p>
<p><b>7</b> Dominic Agostino Riverdale Community Centre 150 Violet Drive (near Eastgate Mall, off Centennial)</p>	<p><b>Wednesday</b> 1:00-3:00pm Route 02</p>
<p><b>8</b> OEYC - Hamilton East 45 Ellis Avenue (across from The Centre on Barton)</p>	<p><b>Thursday</b> 9:30-11:30am Route 41 or 03 or 02</p>

Hamilton Street Railway Information: 905-527-4441  
[www.hamilton.ca/hsr](http://www.hamilton.ca/hsr)

