



lumenus
Community Services

BETTER BEGINNINGS NOW



CANADA PRENATAL NUTRITION PROGRAM (CPNP)

In partnership with community organizations and Community Health Centers to provide A Free Weekly Program for Pregnant Woman.

The free prenatal program offers:

- Information about stages and health during pregnancy via a registered nurse
- A primer on what to expect when going to the hospital during COVID-19
- Healthy food demos with a registered dietitian
- The chance to meet other pregnant women
- Referrals to other services and supports
- Breastfeeding information
- Free resources
- Weekly Food Vaucher (\$20.00)

The program serves expecting women who are in any of the following situations:

- new to Canada and far away from family and friends
- have English as their second language
- may benefit from information about community programs and resources
- worried about financial or food security
- need reassurance about becoming a parent
- are undocumented

During COVID-19, our program will be operating virtually. For you to benefit fully from the program, a computer or cell phone with data access is helpful.

Date & Time: Mondays 5:30 pm 6:30 pm (Virtual on Zoom)

Wednesdays 1:30 pm 2:30 pm (Virtual on Zoom)

For more information & registration, call 647-529-4511 or email: asasani@lumenus.ca

This program is sponsored by the Public Health Agency of Canada in collaboration with many organizations

