



Raising a family is  
an important job.

**We can help you.**



## Prenatal Program

A series of classes offered to prenatal mothers on topics such as healthy pregnancy, labour and birth, breastfeeding and early parenting. Share ideas and make new friends while preparing to be a new parent. Facilitated by a Public Health Nurse at various locations in York Region.

- **Prenatal Classes for Teens** - Free program. Partners and support persons welcome. Snacks provided. Registration required.
- **Evening or Weekend Prenatal Classes** - Adult program for women and their partners or support person. Offered in English, Cantonese and Mandarin. Registration is required. Fee for resource materials.
- **ABC All Babies Count** - A Canada Prenatal Nutrition Program in partnership with Rose of Sharon, Social Enterprise for Canada, Pathways for Children, and Youth and Families of York Region. Free, weekly drop-in program for women in need of support. Transportation available if needed. Free weekly food items provided.



## Parenting Workshops

Workshops on a variety of topics for parents and caregivers of children under the age of six. These workshops are offered in English, Cantonese and Mandarin. Workshops are free and are offered at various locations in York Region.

## Nobody's Perfect Program

Offered to parents and caregivers of children under the age of six. This is an education and support program held in eight weekly sessions where a variety of parenting issues are discussed. This program is free of charge and child care is provided.

## Transition to Parenting Program

Provides education and support to women and their families who are expecting a baby or have had a baby, and are having a difficult time coping with postpartum mood disorder, anxiety or depression, or the transition to parenthood. This program runs for twelve weeks and is free of charge. Child care is provided.

For more information,  
call *Health Connection*

## Developmental Screening

Nipissing District Development Screens help you monitor your child's development by completing a yes or no checklist. These screens are available for children from birth to age six years in several languages, giving you information and activities to support your child's development. Get your free copies by calling Health Connection or visiting [www.ndds.ca](http://www.ndds.ca)

## Home Visiting Support

The Healthy Babies Healthy Children Program is a free, confidential and voluntary home visiting program for families who are pregnant or have children up to age six. Eligibility is determined by Public Health Nurses and together with Family Visitors they will offer support and services that best suit your needs on a variety of topics.



**1-800-361-5653**  
**TTY 1-866-252-9933**

## Breastfeeding Clinics

Individual breastfeeding support and instruction is offered during one-to-one sessions with a Public Health Nurse at one of our four clinics in York Region: Newmarket, Richmond Hill, Unionville and Vaughan. Services are free of charge and an appointment is necessary.

## Dental Program Services

Registered Dental Hygienists and Certified Dental Assistants provide screening for urgent or preventive dental treatment needs in select grades at all York Region elementary schools, as well as preventive dental services to children aged 0 to 17 at York Region Public Health Dental Clinics. Programs such as Children in Need of Treatment (CINOT) and Healthy Smiles Ontario may help families in financial hardship with the cost of dental care.



**For more information on our  
programs and services,  
please call**

*Health Connection:*

**1-800-361-5653**

**TTY: 1-866-252-9933**

or visit

**[www.york.ca/childandfamilyhealth](http://www.york.ca/childandfamilyhealth)**

