



RESOURCE ORDER FORM

Your Health Before and During Pregnancy Makes A Difference

Name:	
Agency:	
Address:	
City:	Postal Code:
Phone Number:	

Factsheets		QUANTITY	
		10	25
Healthy Beginnings:	Physical Activity, 2008		
	Prenatal Care, 2008		
	A Circle of Support, 2008		
What Employers Can Do to Support Pregnant Employees			
Pregnancy and Over-the-Counter Medications			
Stress, No Friend to the Sperm and Egg, 2001			
Pamphlets			
Your Health Before Pregnancy			
Folic Acid – It's never too early, 2003			
Newborn Screening: A healthy start leads to a healthier life, 2008			
Having a Baby? Pregnancy Quiz			
Are you Pregnant? Just had a baby? Umbrellas Pamphlet			
What is a Doula?			
Cord Blood Banking, 2006			
Flyers			
Prenatal Classes Flyer (English)			
Prenatal Classes Flyer (Chinese)			
Are you having a baby? ABC Pamphlet			
Special Delivery Club Flyer – Program for teens and single moms			
Healthy Babies Healthy Children (HBHC) pamphlet			
To order the following resources, please go to the links provided:			
The Sensible Guide to a Healthy Pregnancy: www.healthycanadians.ca/pregnancy			
Nutrition and Pregnancy: www.york.ca/Services/Public+Health+and+Safety/Food+and+Nutrition			
Smoking and Pregnancy: www.on.lung.ca ; www.cancer.ca			
Alcohol and Pregnancy: www.beststart.org			
Abuse and Pregnancy: www.beststart.org			
Medications and Pregnancy: www.motherisk.org			
Communicable Diseases and Pregnancy: www.york.ca/Services/Public+Health+and+Safety/Infectious+Diseases/Infectious+Diseases+Prevention+and+Control+-+Factsheets			

Please allow 2 – 3 weeks to process any orders.

Please forward completed order forms by **mail or fax** to: **York Region Community and Health Services
Child & Family Health Division
Reproductive Health Program
50 High Tech Road, 2nd Floor
Richmond Hill, ON L4B 4N7
Fax: 905-762-2091**