

# Growing Healthy Together Prenatal Program

Join  
One of Our  
Group  
Sessions



## For pregnant individuals who may be:

- newcomers
- living on a low income
- feeling isolated
- needing extra support for a healthy pregnancy

## Learn about pre- and postnatal health:

- healthy pregnancy
- stress management
- healthy eating
- newborn care and community resources

## Speakers include:

Midwives, Dietitians and more!

**Participants may receive free grocery gift cards and prenatal vitamins**

## Register any time

416-438-3697 ext. 14349  
[ghtprenatal@stridesutoronto.ca](mailto:ghtprenatal@stridesutoronto.ca)

### **Mondays 10 - 11:00 am**

Malvern Family Resource Centre (lower level)  
1321 Neilson Road

### **Tuesdays 10 - 11:00 am**

Scarborough Centre EarlyON  
3478 Lawrence Ave East, Unit C4

### **Wednesdays: 10 - 11:00 am**

The Hub, Mid Scarborough  
2660 Eglinton Ave East

### **Thursdays 1:30 - 2:30 pm**

Scarborough Bridlewood EarlyON  
3410 Sheppard Ave East, Unit 304



FAMILY  
DAY



SCARBOROUGH  
CENTRE FOR  
HEALTHY  
COMMUNITIES



Helping children, youth  
and families thrive