



Connections

Real Help...Right Here...Right Now...

Good Food for a Healthy Baby

- A Free Prenatal group for pregnant women
- Learn about healthy eating & meal preparation
- Access to Free Prenatal Vitamins
- Assistance to obtain: Milk, Vegetables & Fruit
- Prenatal & Postnatal support
- Information about your baby
- Referrals to other community services

Call for Details!

1-888-284-2204

613-257-2779

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Call 613 257-2779 or

Toll free: 1-888-284-2204 ext. 3100

Email: connections@connectwell.ca

