



lumenus
Community Services

BETTER BEGINNINGS NOW

CANADA PRENATAL NUTRITION PROGRAM (CPNP)



DATE & TIME

Wednesdays

1:00 pm - 3:00 pm

Flemingdon Health Centre 10
Gateway Blvd, North York, ON
M3C 3A1
Second Floor, The Charlotte
Sneyd Room

Mondays

5:00pm - 6:30 pm

Fairview Community Health 5
Fairview Mall Dr, North
York, ON M2J 2Z1
Room 359, The Penut Room

WHO IS THE PROGRAM FOR

- Are you new to Canada and far away from your family and friends?
- Is English your second language?
- Do you need information about community programs and resources?
- Are you worried about your financial and food security?
- Do you need reassurance about becoming a parent?
- Partners are welcome to attend

WHAT IS THE PROGRAM ABOUT

- Learning about pregnancy
- Healthy Eating
- Breastfeeding
- Caring For Yourself
- Meeting other Women
- Cooking and Tasting New Foods

YOU WILL RECEIVE

- TTC Tokens
- Food Vouchers
- Healthy Snack and Free Childcare
- Translation is available if needed

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



lumenus.ca

be seen. be heard. be well.

