

Where & When

as of March 2020

Chatham

YMCA Of Chatham Kent, 101 Courthouse Lane
2:30-4:30 p.m. | **Every Wednesday**

Low-German Speaking

Emmanuel Baptist Church
100 McNaughton Avenue West
9:30-11:30 a.m. | **1st & 3rd Tuesday**

Wallaceburg

Knox Presbyterian Church
251 Duncan Street
1:30-3:30 p.m. | **1st & 3rd Tuesday**

Blenheim

EarlyON Child and Family Centre
W.J. Baird, 182 King Street
1:30-3:30 p.m. | **2nd Tuesday**

Tilbury

EarlyON Child and Family Centre
St. Joseph's Separate School, 43 St. Clair St.
1:00-3:00 p.m. | **1st Thursday**

Dates & times are subject to change.
Please call to confirm all groups.



For more information call

519-352-7270 x2422

Follow us to good health!



#WeAreCKPublicHealth | @BHBinCK

www.ckpublichealth.com



Public Health
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Agence de la santé
publique du Canada

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Are you having a Baby?

We would like to
help your baby
be born at a
healthy weight.

Building Healthy Babies



Building Healthy Babies



The goal of Building Healthy Babies is to reduce the number of babies born with unhealthy birth weights in our community, promote and support breastfeeding and improve health for mom and baby.

Babies born at unhealthy weights are more likely to have health problems in their first year of life and beyond.

Your risk of having a low birth weight baby depends on things like:

- your age
- whether you smoke
- alcohol or drug use
- your health
- your nutrition

WE OFFER:

- Group teaching on pregnancy, nutrition and infant care
- Support from Public Health Nurses and a Dietitian
- Information about other programs
- Support from other moms

WE ALSO PROVIDE:

- Bus Tickets (for Chatham group)
- Childcare supports in Chatham, Blenheim, Wallaceburg and Low German Speaking groups
- Free food coupons
- Free prenatal vitamin coupons