

# Are you Expecting a Baby?

**JOIN US!**

## Building Healthy Babies in Chatham-Kent



Reduce the risk of your baby being born at an unhealthy weight



Get breastfeeding support



Increase the health of you and your baby



Let us support you in having the healthiest baby possible!

**FREE  
PROGRAM!**

FOR CK RESIDENTS  
EXPECTING A BABY!

## WHO WE ARE:

Public Health Nurses, Dietitians, and an Outreach Worker here to provide information, support and guidance.

## WHAT WE DO:

Provide group learning sessions and support on a variety of topics like nutrition, safety and care of you and your newborn during your pregnancy and once they are here!

## WHEN & WHERE:

ZOOM Sessions:

Thursdays 1:30PM-2:30PM (Weekly) OR

6:30PM-7:30PM (on 2nd & 4th Thursday of the month)

Drop-In Sessions:

1st and 3rd Tuesdays of the month

### Low German Group

9:30AM-11:30AM Emmanuel Baptist Church  
(100 McNaughton Ave W.)

### Main Chatham Group

1:00PM-3:00PM

Adult Language & Learning Centre  
(240 King Street W.)

**Grocery cards and prenatal  
vitamin vouchers available!**

Connect with us:



519-352-7270 EXT. 2422



@BHBinCK



Chatham-Kent  
Public Health