



PHYSICIAN'S

Update

August 2017



Pregnancy and Breastfeeding Services

Pregnancy and welcoming a new baby is an important time in a family's life. Public Health offers free prenatal and breastfeeding services for families in Waterloo Region, in partnership with other agencies that health care providers can promote to clients. Early and timely support can help with the transition to parenthood and breastfeeding.

Breastfeeding

Public Health Breastfeeding Services clinics are available to families in Waterloo Region regardless of their child's age, birth location, or breastfeeding issue.

Clinics are located at:

- 99 Regina Street South, Waterloo
- 150 Main Street, Cambridge

Families can self-refer and book an appointment by calling 519-575-4400.

Prenatal

Preparing for Parenthood

A free prenatal program that provides information on having a healthy pregnancy and becoming a parent. Registration is ongoing.

Families can register at Our Place Family Resource and Early Years Centre (519-571-1626 ext. 33) or YMCA Ontario Early Years Centre (519-741-8585).

For more information visit: <http://bit.ly/PreparingParenthood>

Growing Healthy Two-Gether

A free program for pregnant women who want to have a healthy baby, but may be financially disadvantaged or socially isolated.

For more information call Carizon at 519-741-1122 or visit: <http://bit.ly/GrowingHealthyTwoGether>

Youth Prenatal

A free program for pregnant youth (up to 24 years old) and their support people to get together in a relaxed setting to talk about pregnancy, their plans, and their futures.

For more information call 519-575-4400 or visit: <http://bit.ly/YouthPrenatal>

Online Prenatal

A free online prenatal program that looks at pregnancy, childbirth, postpartum care, and breastfeeding. Families can register at:

<http://bit.ly/OnlinePrenatal>