



lumenus
Community Services

Better Beginnings Now (BBN)

CANADA PRENATAL NUTRITION PROGRAM (CPNP)



The **Canada Prenatal Nutrition Program (CPNP)** is funded by the Public Health Agency of Canada to help improve the health of pregnant women, new mothers and their babies, who face challenges that put their health at risk.



Dates & Times:

WEDNESDAYS - 1:00pm to 3:00pm

Flemingdon Health Centre

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

MONDAYS - 5:00pm to 6:30pm

Fairview Community Health

5 Fairview Mall Dr, North York, ON M2J 2Z1
Third Floor, The Peanut Room

Contact Us:

- E-mail our department directly at: asasani@lumenus.ca
- Call our department directly at: **1 833 (499 3377) x4333**
- This program is sponsored by The Public Health Agency of Canada in collaboration with many organizations

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

What you will receive:

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

fhc FLEMINGDON
HEALTH CENTRE