

# Growing Healthy Together Prenatal Program

Join one of our virtual or in-person group sessions



## For pregnant individuals who may be:

- newcomers
- living on a low income
- feeling isolated
- needing extra support for a healthy pregnancy

## Learn about pre- and postnatal health:

- healthy pregnancy
- stress management
- healthy eating
- newborn care and community resources

## Speakers include:

Midwives, Dietitians and more!

**Participants may be eligible for grocery gift cards and prenatal vitamins**

## Register any time

416 321-5464 x 349  
ghtprenatal@stridestoronto.ca

### Tuesdays: In-person

10-11 am  
3478 Lawrence Ave East,  
Scarborough Centre EarlyON

### Wednesdays: Virtual

10-11am via ZOOM

### Thursdays: In-person

1:30-2:30 pm  
3410 Sheppard Ave East, Unit 304  
Scarborough Bridlewood EarlyON