



Born Healthy

WEDNESDAY 10AM - 1PM

Located at 630 2nd Ave upstairs in the Early Years Wing

**FREE support program for pregnancy
and the first year of parenting (0-12 months of age)**

Breastfeeding Support

Nutrition Counselling

Peer to peer support *(a great place to meet other people with babies)*

Volunteer childminders

Prenatal Vitamins and food vouchers available

For more information please contact:

250-245-3079 or info@lrca.ca

www.lrca.ca  facebook.com/ladysmithresourcescentre

*Thank you to our funder the Public Health Agency of Canada's
Canada Prenatal Nutrition Program*



LADYSMITH RESOURCES CENTRE ASSOCIATION

Heart on the Hill