



Well Mummy, Well Baby Health and Wellbeing Program

Supporting pregnant and postpartum women to feel confident, healthy, and supported



Phone Number:
(416) 740-9593



Address:
127 Eddystone Ave,
North York, ON, M3H 1H6



Date/Time:
Tuesdays;
1:30PM - 3PM

WHAT YOU GAIN

- ✓ self Advocacy skills
- ✓ Learn Healthy and affordable food ideas/ cooking demo
- ✓ mental health awareness
- ✓ meet midwives and connect with other women

WHO CAN PARTICIPATE

- ✓ All pregnant women
- ✓ Women who gave birth in the last 12 months
- ✓ All cultural backgrounds
- ✓ Newcomers, Immigrants and community members