

# ARE YOU...

**PREGNANT? A NEW PARENT?  
A PARENT OF A YOUNG CHILD?**



**We're here to help with:**

Online prenatal program

One-on-one breastfeeding support

Home visiting program

Virtual breastfeeding classes

Parenting support

And more!



*All programs are FREE!*

WINDSOR-ESSEX COUNTY  
**HEALTH unit**  
Bureau de santé de Windsor-comté d'Essex  
wechu.org



Scan this code or call 519-258-2146 ext. 1350  
to learn more about our programs and services.