



Nurse-Family Partnership supports first-time parents to change their lives and create better futures for themselves and their babies.

For more information contact your local public health unit.



HALIBURTON, KAWARTHA,
PINE RIDGE DISTRICT
HEALTH UNIT

hkpr.on.ca

1-866-888-4577 ext. 5003



Peterborough
Public Health

peterboroughpublichealth.ca

705-743-1000 ext. 282



**Pregnant with
your first baby?**

Come Grow with Us!





Nurse Family Partnership is a **free** home visiting program for those who are pregnant and will be parenting for the first time.

Who can enroll in Nurse-Family Partnership?



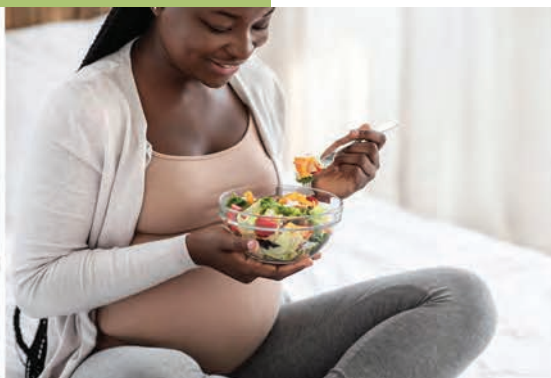
First-time parent
24 years of age
or younger



In need of
additional
support



Less than
28 weeks
pregnant



Your public health nurse will support you to:

- ♥ Make healthy choices during pregnancy
- ♥ Prepare for labour and birth
- ♥ Develop confidence in your parenting skills
- ♥ Access community resources
- ♥ Build a strong network of support
- ♥ Find ways to continue your education and/or develop employment skills

When you enroll you will be connected to a Registered Nurse who will provide you with support, guidance, and information throughout your pregnancy until your child turns two years old.