Do You Need Help to Have a Healthy Pregnancy?

Health for Two is a **FREE** Program for Pregnant Women

Health for Two is a partnership with Alberta Health Services, Boyle Street Community Services and Community Agencies throughout the city and surrounding areas.

Health for Two offers:

Education/Information on pregnancy, birth, baby care and parenting (including pregnancy and parenting options).

Support and referrals to community supports (such as maternity care, mental health, addictions, housing, food security). Support may include referrals to network nurses, support workers and dietitian.

Resources including milk coupons, prenatal vitamins, educational materials and/or bus tickets for medical appointments.

If you require assistance with your pregnancy, you can call, text or email a network coordinator at:

Central & North Networks	**South & West Networks**
Aster Terefe	Joanne Morrison
780-990-6357 (cell)	780-466-7581 (cell)
aterefe@boylestreet.org	jmorrison@boylestreet.org

Health for Two is sponsored by Alberta Health Services and the Public Health Agency of Canada (Canada Prenatal Nutrition Program).

Alberta Health Services | BOYLEstreet COMMUNITY SERVICES