

- AboriginalPeggy
604-675-3982 ext 20436
- Cantonese/Mandarin Agnes
604-675-3982 ext 20430
- Farsi/Dari.....Ramzia
604-675-3982 ext 20437
- FrenchKaren
604-675-3982 ext 20329
- Punjabi/Hindi/UrduHardev
604-675-3982 ext 20435
- Spanish.....Bessy
604-675-3982 ext 20432
- Somali.....Xalima
604-675-3982 ext 20438

Arrangements can be made for service in other languages, eg. Arabic, Russian, Tamil, Vietnamese by calling 604-675-3982 ext 0.

See our website:
www.vch.ca

We Welcome Volunteers

Our volunteers currently include:

- ◆ Community members
- ◆ Program participants
- ◆ Students (Nutrition, Nursing, Doulas)

Community Partners

- ◆ Christmas Bureau
- ◆ ProOrganics
- ◆ Sunset Community Centre
- ◆ Trout Lake Community Center
- ◆ Vancouver Public Library
- Vancouver Coastal Health
- ◆ Infant Child & Youth Program
- ◆ Public Health Dental Services
- ◆ Youth Pregnancy & Parenting Program

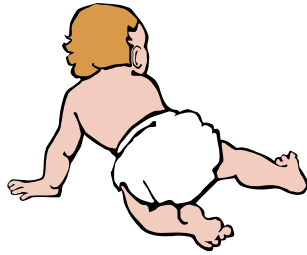


For more copies, go online at <http://vch.eduhealth.ca> or email pheh@vch.ca and quote Catalogue No. **GH.200.H349** © Vancouver Coastal Health, November 2010.

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TO HAVE A HEALTHY BABY,
CALL
**HEALTHIEST
BABIES
POSSIBLE**





Healthiest Babies Possible

Healthiest Babies Possible is a prenatal outreach program supporting pregnant women of all ages living in Vancouver. Our program offers free, supportive services in many languages.

Since 1977, HBP has been working with women to have healthy pregnancies and improved lifestyles, with a focus on nutrition. The program continues to show its success by the number of self-referrals and babies born with healthy birth weights.

We believe that each woman's situation is unique and that she is an expert in her own life.

We Support Moms' and their Families by offering:

- ◆ Nutrition and Prenatal Lifestyle counseling
- ◆ Opportunities to meet other pregnant moms
- ◆ Labour and delivery information
- ◆ Prenatal Vitamins
- ◆ Breastfeeding information
- ◆ Milk, vegetable and egg coupons
- ◆ Referrals to appropriate Community Groups and Resources
- ◆ Advocacy
- ◆ Education around smoking, alcohol and drug concerns
- ◆ Dental Health Services for pregnant moms unable to access dental care

Opportunities to meet other Pregnant Moms and their Families

- ◆ Prenatal Drop In
- ◆ Spanish Prenatal Drop In
- ◆ Good Food Bag
- ◆ Babies Better Development Group
- ◆ Grow Healthy Together Parent/Infant Group
- ◆ Happy First Year Parent/Infant Group
- ◆ Learning Lodge
- ◆ South Asian Parent/Infant Group
- ◆ Spanish Postpartum Group
- ◆ Story Time, Learning Time Group
- ◆ Youth Pregnancy and Parenting Program

How to contact us:

***Self-Referrals are welcome
You can drop by at: 1669
E. Broadway, 2nd floor
Mon-Fri 8 am - 4 pm or
call us at 604-675-3982.***

How to find us:

Bus: take #20, #9 or #99 and get off at East Broadway and Commercial Drive

Skytrain: Expo Line or Millenium Line to Broadway-Commercial Skytrain. Underground pay parking available through back alley.