

FREE Programs and Services for Pregnant Individuals and Families with Young Children



We are here to help you with:

Feeding Your Baby

- Get current breastfeeding* and nutrition information and support from a Public Health Nurse, Registered Dietitian or Community Nutrition Educator
- Attend our free breastfeeding clinics
- Participate in free Healthy Eating Workshops in your neighbourhood

Parenting

- Get information on what to expect during your baby's first year
- Attend free parenting workshops in your neighbourhood
- Benefit from our Healthy Babies Healthy Children home-visiting program that supports healthy child development

Immunization and Vaccines

- Get information on protecting your baby from infectious diseases
- Follow tips from the Ontario Publicly Funded Immunization Schedule
- Use a free app to store and manage vaccination appointments for your family

* breastfeeding may also refer to chestfeeding or nursing

Depression and Anxiety after Birth

- Get information on managing feelings of unhappiness and feeling overwhelmed
- Find resources and support available from Public Health Nurses

Growth and Development

- Support your child's development
- Use our BabyTalkTO texting service

Living a Healthy Lifestyle

- Information on leading a healthy lifestyle, such as:
 - car seat safety
 - sexual health clinics
 - managing your health before your next pregnancy
 - accessing low cost birth control
 - keeping your child safe

"Toronto Public Health helped me go from being a parent who worried and second-guessed all of my parenting decisions, to enjoying my first moments of parenthood with confidence."

– Karen W, new mom



Get advice about:

- breastfeeding
- nutrition
- adjusting to parenthood
- sadness and other mood concerns
- immunization
- other questions about your family's health and well being

Toronto Public Health programs and services offer support to families.

They are free, confidential and you do not need a health card (OHIP).

Language interpretation can also be provided.

Specialized Services

- The Homeless At Risk Prenatal (HARP) is a program for homeless, transient pregnant clients with multiple and complex health and social needs.
- The Nurse Family Partnership (FNP) is a program for young, under 24 years of age, pregnant under 28 weeks, first time parenting clients who are facing socioeconomic challenges.

You can do this. We are here to help.

Contact Us

To speak to a nurse for free, confidential information and advice, or to register for our programs:

8:30 a.m. – 4:30 p.m. Monday to Friday

- 416-338-7600 (416-392-0658 for TTY)
 - eCHAT: toronto.ca/health/eChat
 - intake@toronto.ca

For medical or 'after-hours' questions
call Health 811
TTY: 1-866-797-0007
(24 hours a day all year round)

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