

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



## We are here to help you with:

### Pregnancy and Parenting

- Get information on what to expect during pregnancy and [baby's first year](#)
- Benefit from our [Healthy Babies Healthy Children](#) home-visiting program that supports healthy child development

### Feeding Your Baby

- Get current [breastfeeding\\*](#), [infant feeding](#) and nutrition information and support from a Public Health Nurse, Registered Dietitian or Community Nutrition Educator
- Attend our free [breastfeeding clinics](#)

### 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

### Depression and Anxiety Before and after Birth

- Get information on managing feelings of sadness, worry and loneliness
- 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 and during your [pregnancy](#)
  - accessing low cost birth control
  - keeping your [child safe](#)

### Dental & Oral Health Services

- Information on what to expect about [tooth development](#) and [how to care for your teeth](#)
- Find out if you are eligible for [free dental services](#)

\* Breast milk/breastfeed/breastfeeding are also known as human milk/chestfeed/chestfeeding

***You can do this. We are here to help.***



### Get advice about:

- breastfeeding
- nutrition
- adjusting to parenthood
- feelings of sadness and worry
- 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.
- The [Healthiest Babies Possible \(HBP\)](#) program is a prenatal nutrition and support program available to eligible pregnant individuals, who are at nutritional risk. The program offers one-to-one nutrition counselling with a Public Health Dietitian.

**"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

### 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](https://toronto.ca/health/eChat)
- [intake@toronto.ca](mailto: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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