

Welcome to Unison eVoice, a monthly bulletin that profiles programs and partners at Unison.

Program Profile

Canada Prenatal Nutrition Program

UNISON'S PRENATAL AND POSTNATAL PROGRAMS

Labour of Love

When: Tuesdays, 1-3 pm
Where: Lawrence Heights
(12 Flemington Rd.)

Having a Baby Drop-in for Pregnant Women

When: Tuesdays, 1:30-3:30 pm
Where: Keele-Rogers
(1651 Keele St.)

When: Wednesdays, 1:30-3:30pm
Where: AccessPoint on Jane
(761 Jane Street, Suite 200B)

When: Thursdays, 9:30 - 11:30 am
Where: LEF (1267 Weston Rd.)

Supporting Young Families Teen Program

When: Thursdays, 4-6:30 pm
Where: Jane Street Hub
(1541 Jane St.)

Prenatal Program

When: Mondays, 1-3 pm
Where: Jane Street Hub
(1541 Jane St.)

Community Breastfeeding Centre

When: Tuesdays, 1-4 pm
Where: Keele-Rogers
(1651 Keele St.)

Early Years – Baby and Me

When: Tuesdays, 1-3 pm
Where: Lawrence Heights
(12 Flemington Rd.)

Early Years – Young Parents

When: Wednesdays, 4:30-6:30 pm
Where: Lawrence Heights
(12 Flemington Rd.)

Living and Learning with Baby

When: Tuesdays, 1-3 pm
Where: Keele-Rogers
(1651 Keele St.)

Welcome to the Canada Prenatal Nutrition Program (CPNP), a nation-wide prenatal program funded through the Federal Government – Public Health Agency of Canada (PHAC) under Health Promotion. Each prenatal chapter is community-based and tailored to community's needs. Ours is called Having A Baby Drop-In for Pregnant Women, the last remaining drop-in which makes us unique. We are open 47 weeks a year and serve up to 65 clients a week. Our goal is to support the elimination of low-birth weight and pre-term labour through healthy nutrition and prenatal education.

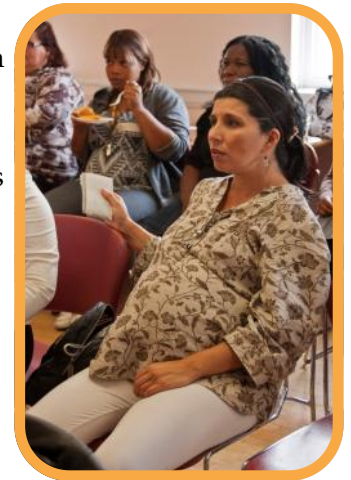
My name is Maria Garcia and I am the Program Supervisor having the honor of serving this extraordinary

prenatal program and diverse community for the past nine years. I have over twenty years of experience in the field of social work ranging from working with the Toronto Board of Education to USAID in Kingston, Jamaica, providing health promotion and education to vulnerable urban and rural communities. Some of my duties have included chairing the Ontario CPNP/CAPC Coalition.



This work helped our program and all of the Toronto CPNP/CAPC chapters to get more exposure, ensure the ongoing success of our program and secure continuous funding.

We have a wide range of local agency partners who complete our team such as Program Without Walls (CAPC), Yorktown Child and Family Centre (Supporting Young Families), and Toronto Public Health. We serve pregnant women and their families in our community throughout their pregnancy into a postnatal experience with the support of our Community Breastfeeding Centre (CBC) and postnatal program Living and Learning with Baby (LLB). All program information is available on the following websites: www.unisonhcs.org, www.worthyourweight.com, or you can contact us directly at 416-653-5400 ext. 1300.



Community Partner Profile

Toronto Public Health

Supporting Pregnant Women and Families in our Communities

Unison Health and Community Services in collaboration with Toronto Public Health and other community partners share overlapping goals for the promotion of healthy pregnancies and families in the communities we serve. One such program that allows us to meet this goal is The Canada Prenatal Nutrition Program (CPNP). Using a community development approach, the CPNP aims to improve maternal and infant health, reduce the number of unhealthy birth weights, promote and support breastfeeding, build partnerships and strengthen community supports for pregnant women.

CPNP supports women who are often facing challenges including poverty, poor nutrition, teen pregnancy, social and geographic isolation, recent arrival in Canada, alcohol or substance abuse and/or family violence to name a few.

Public Health Nurses (PHNs) and Registered Dietitians (RDs) at CPNP support women by providing group education classes that help them to make healthy decisions during pregnancy. Individual support by PHNs and RDs is also offered to women in the form of health and nutrition counselling, and linking and referring to other community resources for participants who require support outside of group activities. In Toronto, there are 39 CPNP program sites providing services to pregnant women and their families. Interpretation services in various

languages are also available at our CPNP programs.

CPNP is offered weekly through Unison Health and Community Services at four different drop-in locations. One of these locations, The Learning Enrichment Foundation, is located at 1267 Weston Road (Weston Road and Ray Avenue). This program runs on Thursday mornings from 9:30 to 11:30 a.m. It is delivered by a multidisciplinary team that includes Toronto Public Health Nurses and Registered Dietitians as well as other staff members from a variety of community agencies.

The program includes prenatal and postnatal components as well as demonstrations related to the preparation of healthy foods. There is also a separate room for child care with toys and activities that is staffed by a qualified child care provider.

At each weekly session pregnant women receive a healthy snack, TTC tokens, food certificates and

child care. In addition to services provided by health care professionals, women also are able to meet other pregnant women and support each other. This is a particular benefit to newcomers in our communities. Pregnant women can register for a CPNP by calling Toronto Health Connection 416-338-7600 for the phone number of the nearest CPNP program in your community. For further information about CPNP at the different Unison locations, please contact Marcia Garcia at 416-653-5400 ext 1300.



Toronto Public Health also provides services and/or information to the public in the following areas:

- **Protecting against health hazards** (for example, air quality improvement, emergency response, environmental protection, food safety, heat alerts, safe water, etc.)
- **Preventing disease** (for example, cancer prevention, dental screening, HIV/AIDS hotline, immunization, methadone clinics, needle exchange, etc.)
- **Promoting good health** (for example, alcohol and drug use prevention, birth control, breastfeeding support, dental care and education, heart health, mental health, nutrition promotion, parenting support, sexual health promotion, etc.)

For more information or assistance with any public health issue or concern, visit TPH web site <http://www.toronto.ca/health/index.htm> or call [Toronto Health Connection](http://www.toronto.ca/health/connection) 416-338-7600