

February 2022



Hamilton-Halton

Opportunity  
Changes  
Everything.

## Community Events and Updates

EarlyON Child and Family Centres

### Special Event

**Healthy Family Meals  
with Chef Emily Richards**

February 16, 7:00-9:00 pm

Description: a cooking demo with 2 budget friendly and simple delicious healthy food options.

[https://bit.ly/EarlyONReg\\_TodaysFamily](https://bit.ly/EarlyONReg_TodaysFamily)

#### **Ask the Speech Language Pathologist**

February 15, 1:00-1:30 pm

To register [http://bit.ly/EarlyONReg\\_BGC](http://bit.ly/EarlyONReg_BGC)

#### **Ask the Children's Mental Health Support Facilitator and the RECE**

February 23 at 7:00-7:30 pm

To register [https://bit.ly/EarlyONReg\\_HWCCCC](https://bit.ly/EarlyONReg_HWCCCC)

#### **Telling Tales**

February 22, at 10:00-10:30 am

To register [andrea.burley@ymcahbb.ca](mailto:andrea.burley@ymcahbb.ca)

#### **WELCOME BABY** (Over the Phone Support)

**The Welcome Baby** prenatal nutrition in-person groups (Canada Prenatal Nutrition Program - CPNP) will remain closed during the COVID-19 pandemic. We are accepting new participants who are pregnant and looking for extra support by providing phone support and resources.

To register contact Jen Yates, Welcome Baby coordinator

Phone: 905-546-2424 x1577

Email: [jennifer.yates@hamilton.ca](mailto:jennifer.yates@hamilton.ca)

**Free online Prenatal Classes** to learn more about pregnancy, birth, breastfeeding and newborn care in an interactive way. To register, visit [www.hamilton.ca/prenatal](http://www.hamilton.ca/prenatal) and select Online Prenatal Program, call 905-546-2424 Ext 3591 or email [prenatal@hamilton.ca](mailto:prenatal@hamilton.ca).

Healthy Families Hamilton Facebook page is available as a resource [www.facebook.com/HealthyFamiliesHamilton](https://www.facebook.com/HealthyFamiliesHamilton).

**Breastfeeding** support is available by phone or virtual visit and Health Connections line is open for those who wish to speak with a Public Health Nurse, Monday to Friday 8:30 am - 4:30 pm.

