

Prenatal Program



**Anishinabe Women's
Crisis Home & Family
Healing Agency**

Information and advice on nutrition,
health and your baby.

Beendigen encourages healthy pregnancies,
by providing health, education and
nutritional support to expectant mothers.

The Prenatal Program is committed to
improving the overall health of Aboriginal
expectant mothers and those with babies
up to six months of age who live off-reserve.

Cultural awareness and traditional teachings
are included in all components of the
program.





Information and advice on nutrition, health and other concerns are provided through one-on-one counselling, and by sharing ideas with each other.

Programs are held weekly and include information on:

- Pre-natal care
- Your pregnancy
- Nutrition
- Healthy lifestyles
- Breast-feeding
- Labour & Birth
- Caring for your baby

It's your time for healing and hope.



**Anishinabe Women's
Crisis Home & Family
Healing Agency**

For more details about our programs and services, please visit:

www.beendigen.com

Or contact us at:

Prenatal Program
Phone: (807) 628-0624
541 Luci Court
Thunder Bay, ON
P7E 1H2

Head Office
Phone: (807) 622-1121
103-100 Anemki Drive
Fort William First Nation, ON
P7J 1J4