



*Each child is an
ADVENTURE into a
BETTER LIFE; an opportunity
TO CHANGE the old pattern
and **MAKE IT NEW**.*

Hubert Humphrey (1911 - 1978)



*for a healthy beginning,
call the Maternity Centre*

684-6228

The Maternity Centre is located next to the Thunder Bay Regional Health Sciences Centre (984 Oliver Road, Thunder Bay, Ontario) on the 4th Floor of the Medical Centre in Suite 402.

Bus route access on-site.

For up-to-date information visit www.tbrhsc.net/maternitycentre



a healthy
YOU
makes a healthy
TWO



*Maternity
Centre*



Prenatal Care: Family Physicians Midwives Nurse Practitioner Obstetricians

- Call for an appointment, or visit our Prenatal Drop In Clinic on Thursdays from 1:00 p.m. to 3:00 p.m.
- Anonymous Pregnancy Testing available.



Breastfeeding Support and Prenatal Breastfeeding Classes

- Monthly Prenatal breastfeeding preparation classes.
- A lactation consultant is available for breastfeeding support by appointment.
- Call us for a current schedule of upcoming classes.



Social Worker Support Services

- The Social Worker can help with:
- finances and housing
 - relationship difficulties
 - worries, concerns or depression during pregnancy
 - difficulties with drugs and alcohol
 - preparing to be a parent.



Exercise Therapist

The Exercise Therapist offers:

- Individualized home exercise plans to match your fitness level
- FREE group prenatal exercise classes Mondays & Thursdays 12:30 p.m. – 1:30 p.m. & 7:30 p.m. – 8:30 p.m.
- Strategies to reduce aches and pains during pregnancy.



Prenatal Classes

- Prenatal education is available to women and their support person to help prepare for the last months of pregnancy, labour, birth and the months to follow.
- Call us for a current schedule of upcoming classes.



Dietitian

To help maintain a healthy pregnancy, the Dietitian will help with:

- meeting increased needs for vitamins/minerals
- relieving nausea, vomiting, heartburn or constipation
- maintaining a healthy weight range.

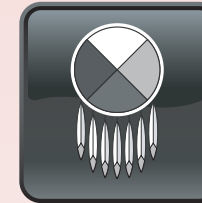


Smoking Cessation Program

The "Quit Coach" can help pregnant women, their partners and family members develop and maintain a plan to quit smoking.

**Services are FREE*
and available to ALL
pregnant women.**

*OHIP REQUIRED



Cultural Liaison Worker

The Cultural Liaison Worker will help First Nations women with:

- translation
- accommodations and transportation
- Non-Insured health benefits.