

CPNP aims to increase the number of babies born at a healthy birth weight and improve the health of both the infant and the mother.

CPNP offering:

- ◆ connections
- ◆ support
- ◆ guidance
- ◆ education and
- ◆ counseling services



MOTHERS & CHILDREN

Without one there could not be the other. Through a variety of supports, CPNP helps to create a cycle of change to a healthier lifestyle that is passed on from Mother to Child.

Sponsored By:



Public Health
Agency of Canada

Agence de santé
publique du Canada



CARRIER SEKANI
FAMILY SERVICES

Contact the CPNP Program:

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CANADIAN PRENATAL NUTRITION PROGRAM



Creating wellness together.



CARRIER SEKANI
FAMILY SERVICES

What is the Canadian Prenatal Nutrition Program (CPNP)?

HOW TO PARTICIPATE IN CPNP

CANADIAN PRENATAL NUTRITION PROGRAM

- ♦ Pregnancy outreach program that offers accessible, culturally appropriate support to both aboriginal and non-aboriginal pregnant women and their families until their babies are 7 months old.
- ♦ A variety of services are offered to assist women in having a healthy pregnancy and a smooth transition into parenthood. Weekly moms groups, individual counseling, prenatal education, prenatal vitamins, one on one breastfeeding support are some of the services provided. Home Visits are available at various times and are scheduled at the convenience of the client.
- ♦ By giving women the opportunities to access resources, build a network in their community and receive unbiased information, women increase self-esteem and create a healthy lifestyle for themselves and their families.
- ♦ Through collaboration with other services in community, CPNP provides optimum access to services for program participants.



"Coming to Mom's Group has let me create memories for my daughter. It's given me a place to be and let me try new things, like sewing."

~Mom's Group Participant

Referrals can be made by:

- ♦ Public Health Nurses
- ♦ Doctors
- ♦ Self Referral
- ♦ Community Service Providers
- ♦ Guardians or Family Members

Services are provided free of charge

Join us at Neighbourlink

Monday 10 am (Sept-June)

Thursday 3:30 pm (Sept-June)

Call for the summer schedule

250-567-2900 (CSFS Office)

