

# **HEALTH PROMOTION**



## **South Asian Prenatal Program**

### **What is South Asian Prenatal Program?**

Central West – LHIN report shows that low birth weight is a significant risk issue in the community. There is evidence that South Asian community may have incidence of low birth weight babies. PCHS has developed a program whereby expectant mothers are educated on pre and post birthing issues. The program is a partnership between many stakeholders.

### **Who can benefit?**

Expectant South Asian Mothers

### **What are the major benefits?**

The benefits are substantial and include:

- Services are in English, Punjabi, Hindi, and Urdu
- Six prenatal sessions
- Sessions are geared to the needs of the couples (mothers to be)
- Handouts are provided in English and Punjabi

### **How are referrals made?**

Referrals are made by calling 905.677.0889 or 905.790.0808. Community Based Agencies, Religious leaders, Family Members, Family Physicians and individuals may make a referral.

### **Where is the Program located?**

The program is located at 11730 Airport Road, Brampton, Ontario, L6R 0C7

### **What are the hours of operation?**

*The sessions are organized on as need basis*