

Services

- ◆ Free one-to-one confidential counselling and support
- ◆ Group education and counselling sessions
- ◆ Links to prenatal and other community support services
- ◆ Support with legal issues, housing, Family & Children's Services, etc.
- ◆ Community education and support



Values

Every woman has the right to:

- ◆ Access services which focus on strengths, empowerment, self-respect and personal growth
- ◆ Receive services based on harm reduction principles
- ◆ Respectful, woman-centred care that values the strengths and challenges of individuals
- ◆ Receive services that recognize cultural diversity



Pregnant or Parenting?



Concerned about your use of alcohol and/or drugs?

Contact Stonehenge's Let's Grow Together Program



Call (519) 837-0563 x222

60 Westwood Road
Guelph, ON N1H 7X3



LET'S GROW TOGETHER!

The Stonehenge 'Let's Grow Together' program is a day program designed for pregnant and parenting women in the community who have questions about alcohol/drug use and how this may affect them, their pregnancy and their children. The program utilizes a harm reduction philosophy and operates out of the Stonehenge Administration Building in Guelph.

Our partners in the community include:

- **Wellington-Dufferin-Guelph Public Health**
- **Women In Crisis**
- **Ontario Early Years Centre**
- **Wellington County Social Services**
- **Family & Children's Services**
- **ARCH HIV/AIDS Resource Centre**

If you are pregnant and involved with alcohol or drugs, you may be...

- Worried about your health and the health of your baby
- Feeling alone
- Concerned about other organizations and their involvement in your family life
- Wanting to change but unsure how to start that process

Let's Grow Together recognizes that there are many reasons that women may use drugs/alcohol and that it can be difficult to make healthy changes without help.

CALL US FOR SUPPORT!

Our Day Program Offers:

- A supportive, non-judgmental, confidential environment
- Free nutritious snacks
- Free professional childcare
- Opportunity to learn more about the effects of substance use on pregnancy and parenting
- Information about nutrition, infant/child care and development, natal and post-partum concerns for moms and babies
- Relapse prevention
- Advocacy and support



STONEHENGE
Therapeutic Community