



Stonehenge

Therapeutic Community

Support. Hope. Thrive.

LET'S GROW TOGETHER

The Stonehenge **LET'S GROW TOGETHER** program is a day program designed for women who are pregnant and/or parenting children 0-6 years who have questions about substance use and how this may affect them, their pregnancy/parenting and their children. The program utilizes a harm reduction, woman-centered philosophy inclusive of abstinence.

IF YOU ARE PREGNANT AND INVOLVED WITH SUBSTANCES, 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

OUR DAY PROGRAM OFFERS:

- A supportive, non-judgemental, 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
- Substance use counselling and education (legal issues, Family and Children's Services, etc.)
- Advocacy and support
- Links to community services

LET'S GROW TOGETHER recognizes that there are many reasons that women may use substances and that it can be difficult to make changes without help.

CALL US FOR SUPPORT

519 837 1470 Ext. 302

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