

CANADIAN PRENATAL NUTRITION PROGRAM



Improving the Well Being
of Pregnant Women

A Holistic Approach to
Community Wellness



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre^{INC.}

What is the Canadian Prenatal Nutrition Program?

The Canadian Prenatal Nutrition Program (CPNP) is a community-based program administered (for First Nations women on-reserve) through Health Canada. It provides support to improve the health and well-being of pregnant women, new mothers and babies facing challenging life circumstances, such as poverty, teen pregnancy, isolation, substance abuse and family violence.

We focus on:

- Maternal nourishment
- Nutrition screening, counselling and education
- Breastfeeding education, promotion and support

Why do I need the Canadian Prenatal Nutrition Program?

Ensuring your best nutritional health throughout pregnancy, and after you've delivered, can be difficult. Information can be overwhelming; healthy foods can be expensive or difficult to find. You may be dealing with additional stress, such as addiction or demanding family circumstances. The CPNP is a great way to ensure you're taking care of your own nutritional needs and that of your baby.

CPNP Objectives

The goals of this program are to improve maternal-infant health, increase the rates of healthy birth weights, and to promote and support breastfeeding. It also aims to promote the creation of partnerships within communities and to strengthen the ability of those communities to support vulnerable pregnant women and new mothers.

CPNP services can include:

- Prenatal health and lifestyle advice
- Nutrition counselling
- Links to other social services

CPNP highlights

We focus on prenatal health, and mother and infant nutrition, in a number of ways. We conduct workshops, offer counselling sessions, and more. Caring for yourself and your baby should be educational and fun!

CPNP participants enjoy:

- Weekly prenatal and cooking classes
- Sewing classes and self-care sessions
- Food coupons (including milk, eggs, vegetables)
- Friendship and support with other new mothers



The CPNP has delivered nutritional support to new mothers and infants across Canada for 20 years. The program has significantly helped our NCN Citizens during this time.



About The NCN Family and Community Wellness Centre and Canadian Prenatal Nutrition Program

The Centre supports holistic wellness for all NCN Citizens—and especially our children—throughout every stage of their lives. We believe combining our traditional wisdom with western practice can create healthy, happy people, families and communities.

The Centre provides support for Public Health, Child and Family Services, Counselling and other family and community needs programs. We have sub-offices in Winnipeg, Brandon, Thompson and South Indian Lake.

Learn more about what we can do for you!

**Call: (204) 484-2341
or visit: www.ncnwellness.ca**



How do I learn more about the Canadian Prenatal Nutrition Program?

Please visit us at the NCN Family Wellness Centre. Or call us at (204) 484-2341.

We'll set up an appointment to determine how we can help you and your family.



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

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