



Contact us
to learn more and
get connected
with a nurse

519-663-5317

www.healthunit.com/nurse-family-partnership

A lot's
gonna
change

You've got this!



What is Nurse-Family Partnership?

Nurse-Family Partnership is **free** for individuals who are pregnant with their first baby. When you enroll you will be connected to a registered nurse who will provide the support, advice and information you need to have a healthy pregnancy, a healthy baby and be a great parent.



How much does it cost?

Nurse-Family Partnership is **free** for eligible individuals.

Your nurse will support you to:

- Have a healthy pregnancy and a healthy baby
- Become the best parent you can be
- Learn and practice things that make you more confident as a parent like breastfeeding, nutrition, child development, safe-sleep techniques and much more
- Get referrals for healthcare, childcare, job training and other support services available in your community
- Continue your education, develop job skills or follow your dreams for the future

Who can enrol in Nurse-Family Partnership?

Anyone who is:

- 24 years old or younger and pregnant with first child and/or first time parenting.
- Pregnant 28 weeks or less
- Experiencing financial hardship or limited resources



Can my partner participate?

Your partner, family members and friends are welcome to participate in the program, but you are the main focus!