

Healthiest Babies Possible & Early Years

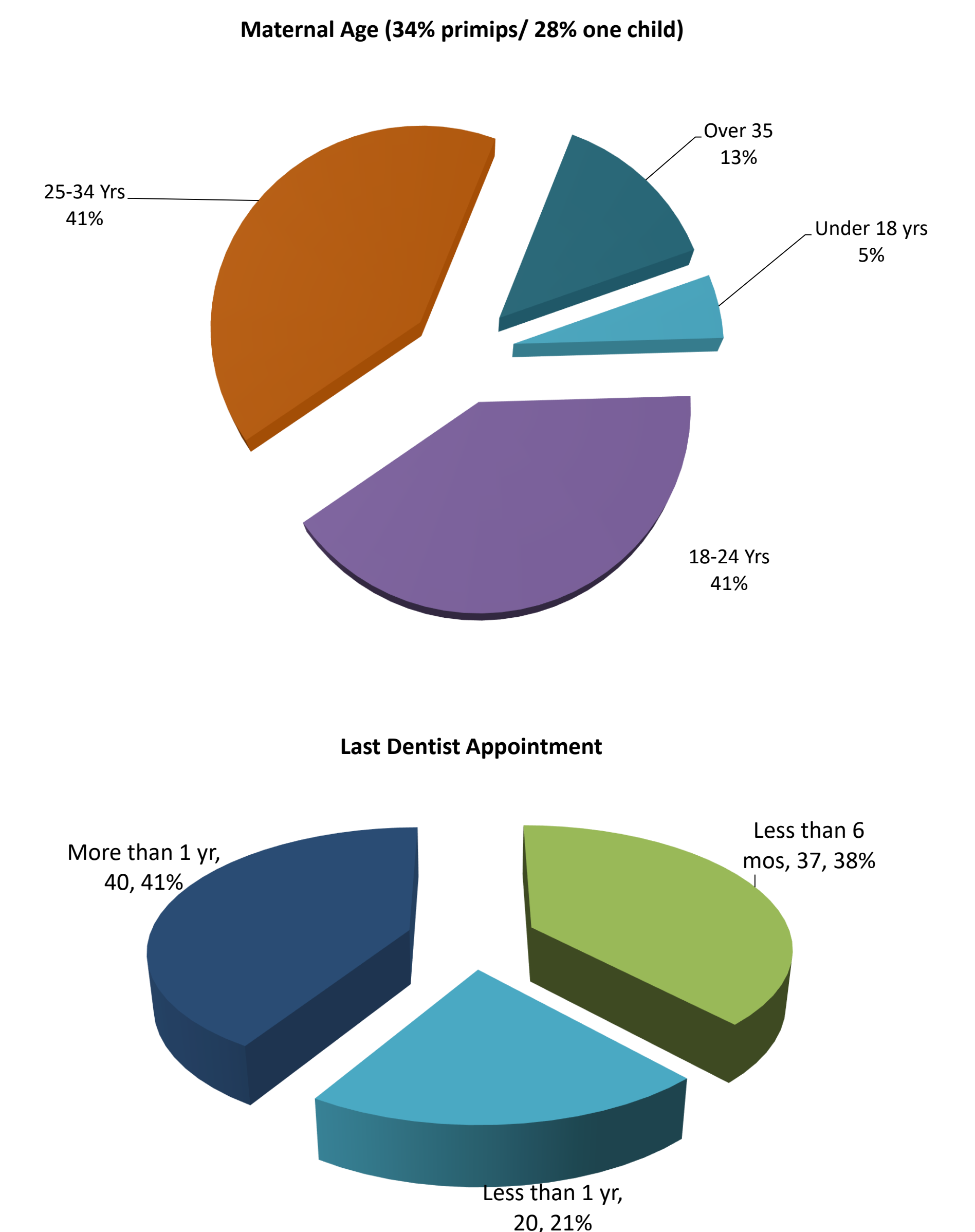
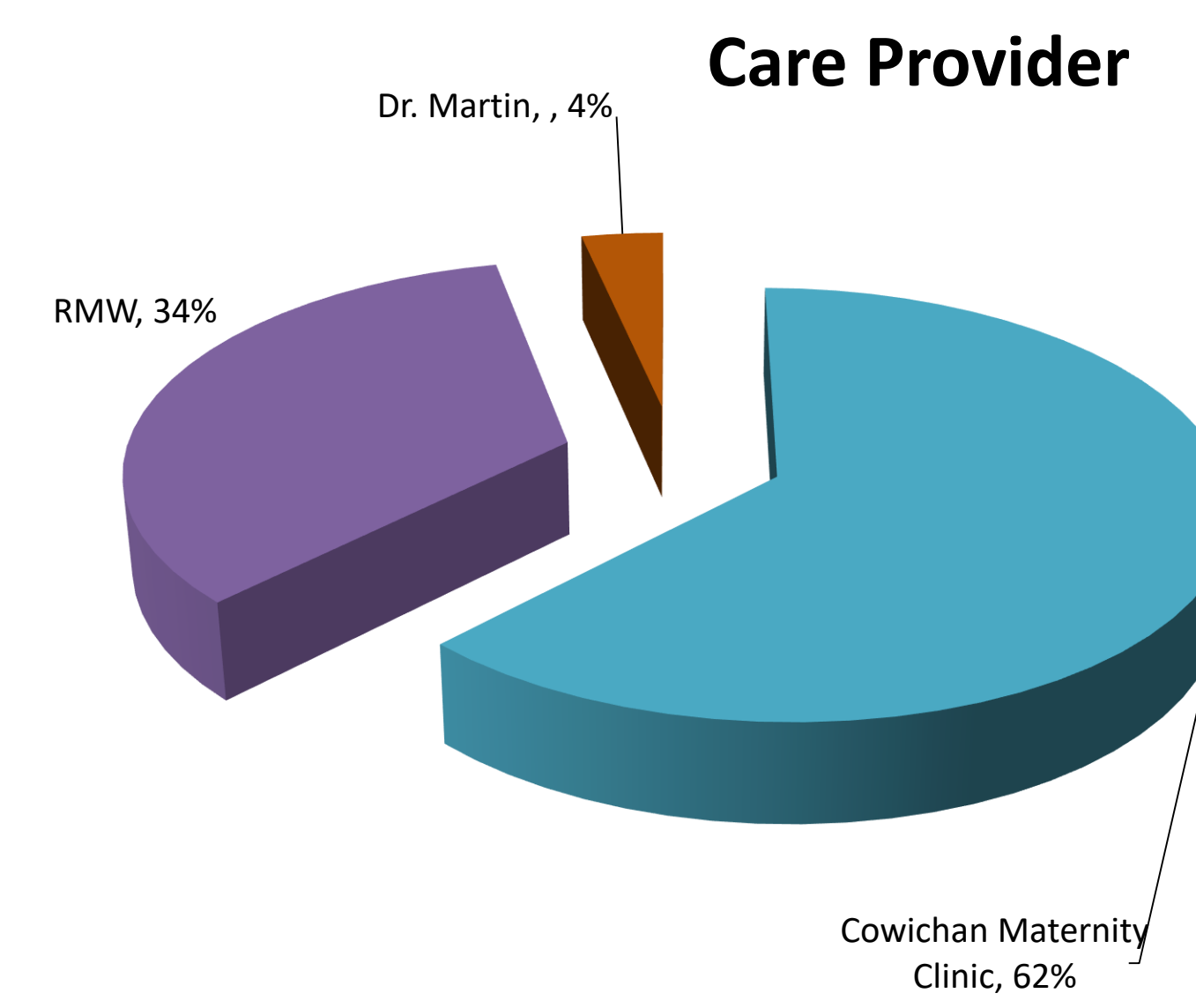
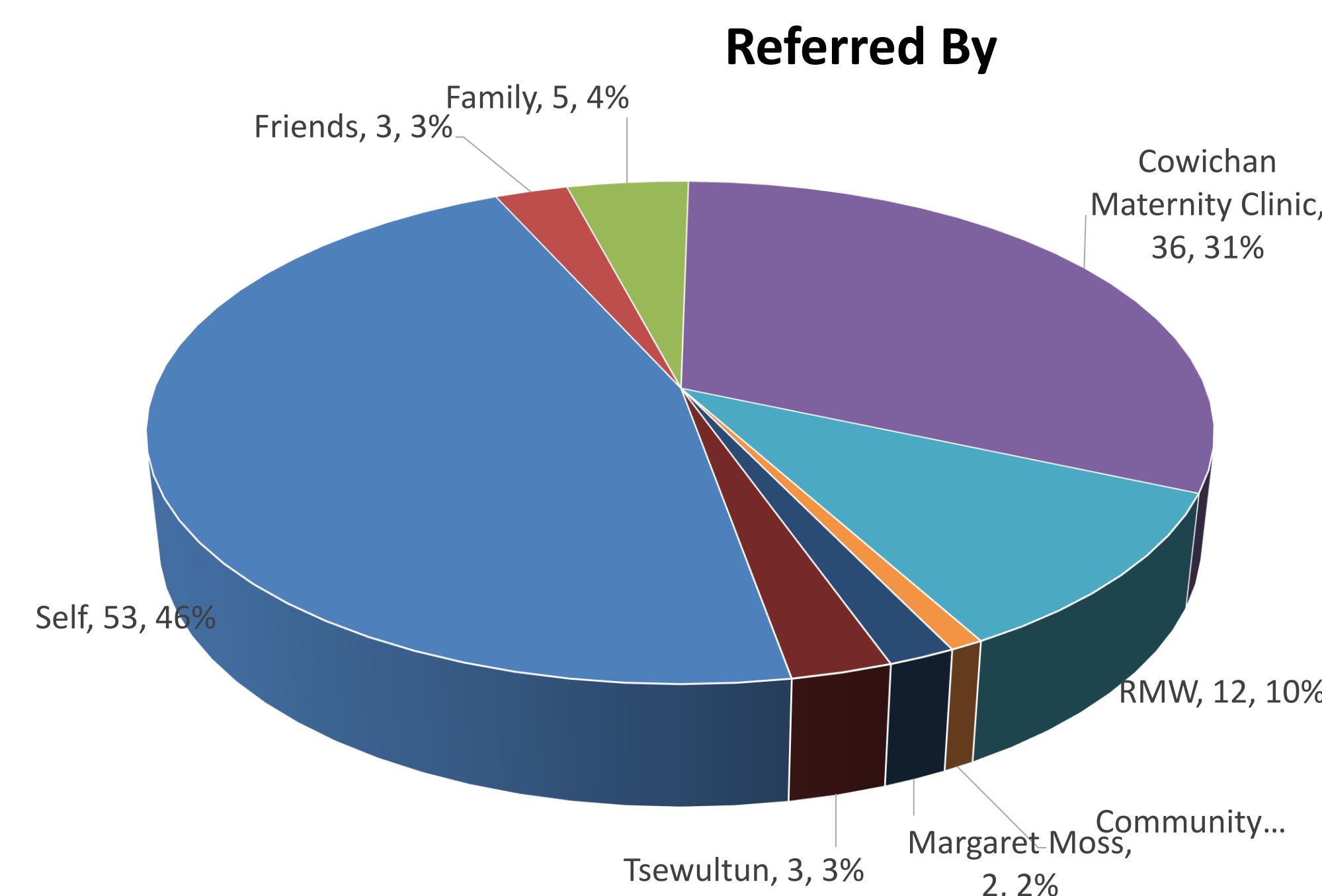
2018-2019

Our Aims:

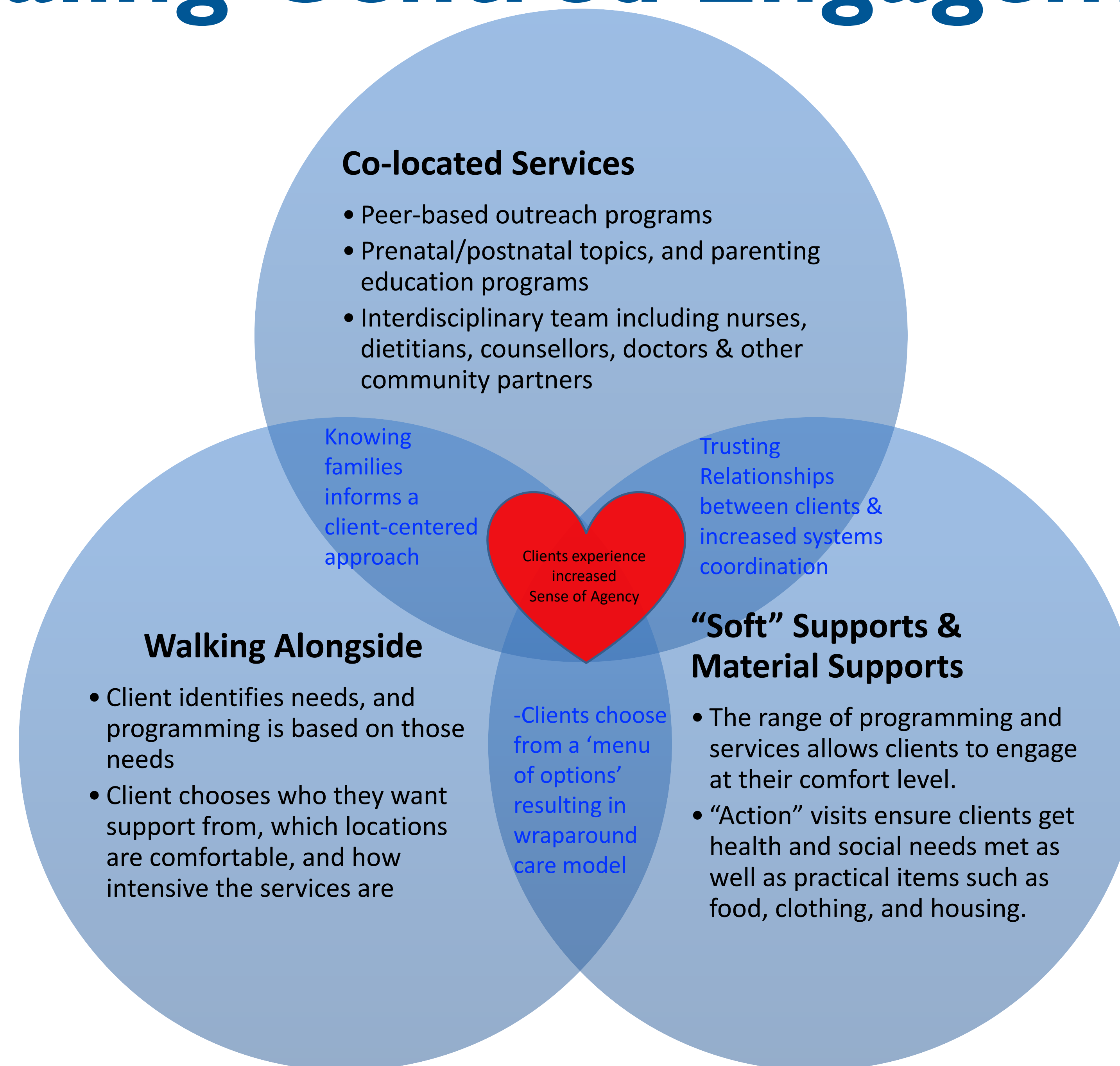
-Through individual home visitation and a weekly drop-in group, Healthiest Babies Possible (HBP) provides education, information, support and connections for women who experience health and lifestyle challenges during pregnancy, birth and the transition to parenting. Working with women in context of their families, the aim is improved maternal and infant health.

-The Early Years Program seeks to support healthy infant development through increased food security and regular follow-up with other health care providers, promoting exercise and mental wellness, and delving deeper into culture and language during the child's first year.

Maternal Health and Care at Intake (14 weeks gestation)



Healing Centred Engagement

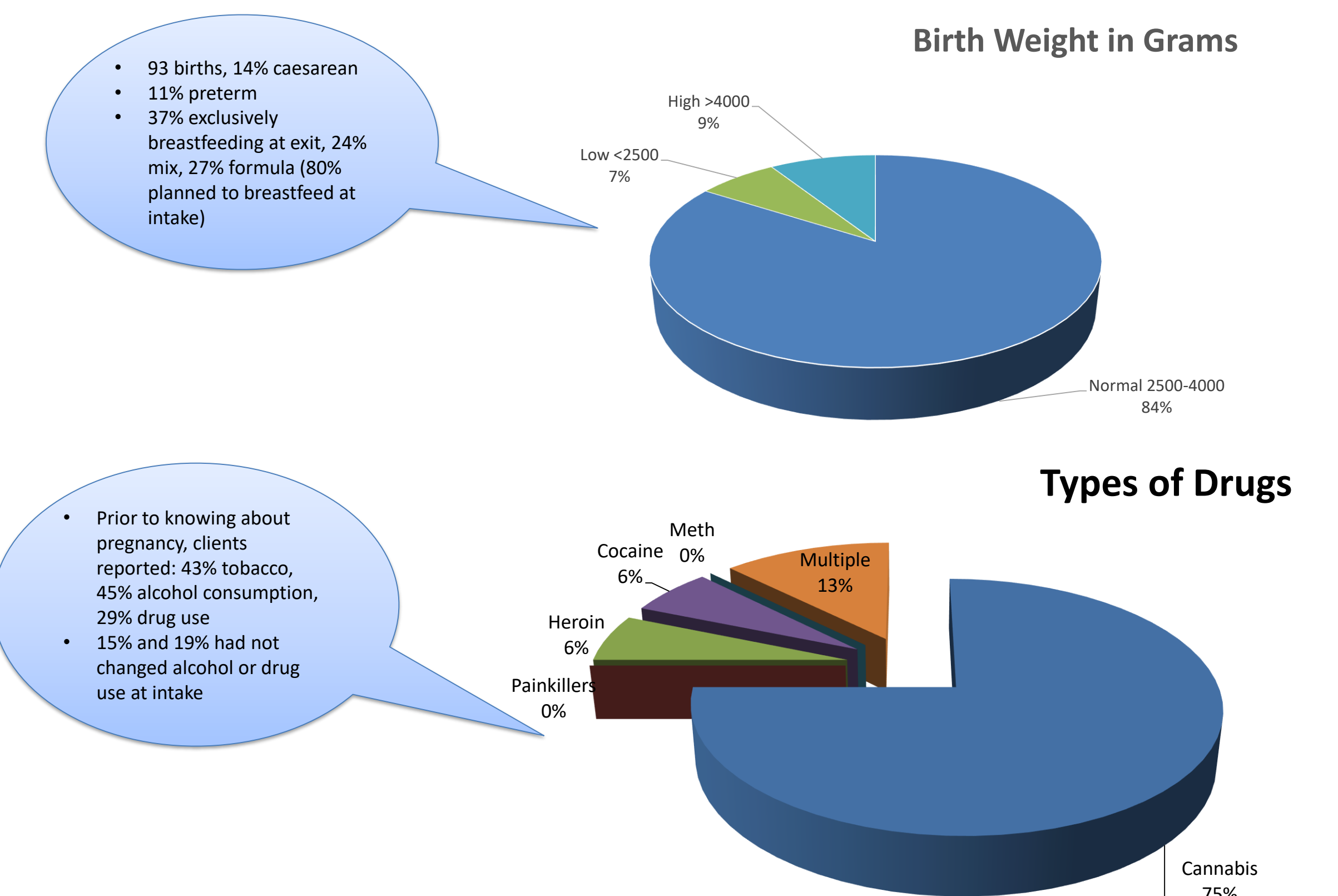


Home Visitation & Group

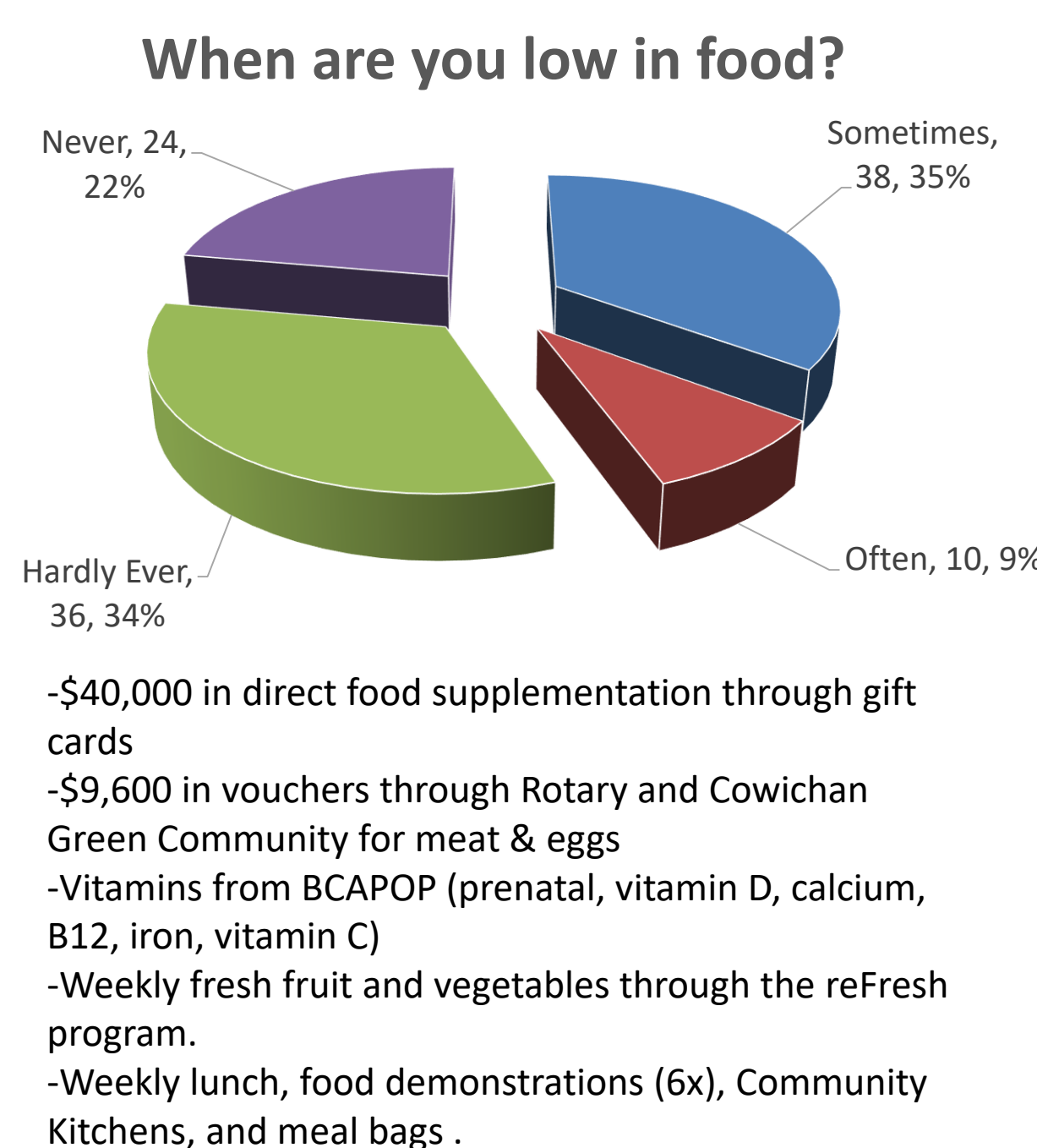
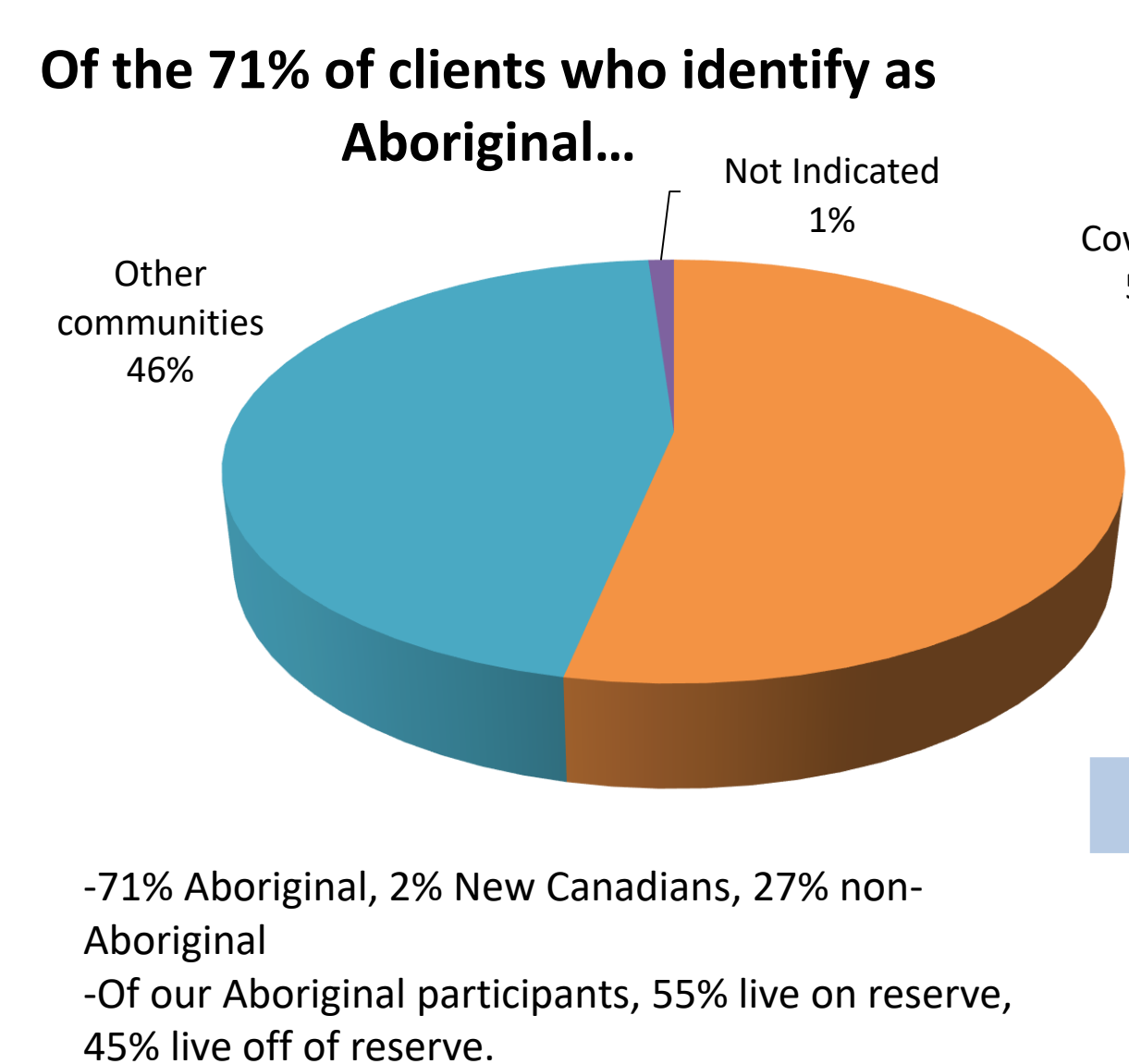
72 groups total provided on Wednesdays and Thursdays... 11am to 1pm. Childminding, transportation, and food provided. Building on a co-located service model, clients are able to access an interdisciplinary team, peer support, food/vitamins/clothing, and a range of topics. Topics included: prenatal/postnatal education, nutrition info and demos, mental wellness, parenting programs including Circle of Security, Therapeutic Riding, Pottery, Picnics & Hiking, fieldtrips,

Home Visitation provides a combination of "soft" supports as well as "material" supports. Soft Supports include counselling, nutritional planning, referrals, information and education. Material supports include driving to appointments, meeting with landlords, supporting family service plans, increasing food availability.

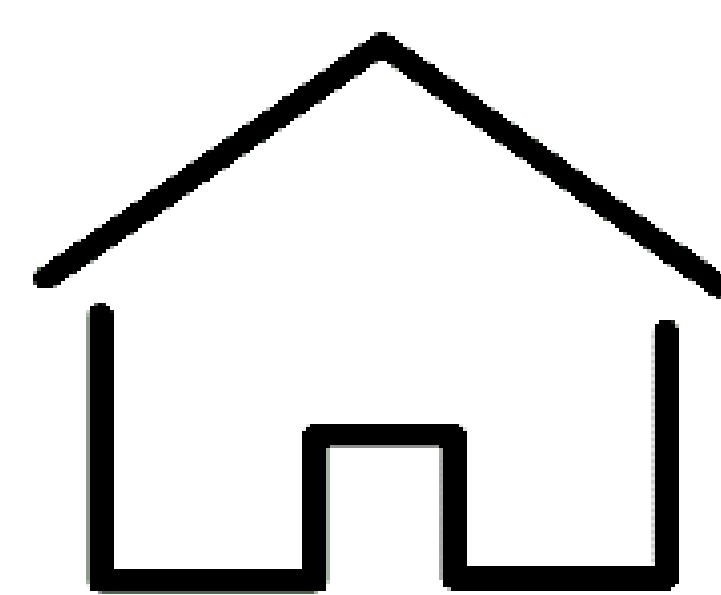
Maternal & Infant Outcomes



Social Determinants of Health at Intake



Housing & Education



-19% are housing insecure at intake
-25% live in homes of 8 or more people
-80% do not have a high school diploma

