

Keystone Prevention Programs

Programs offering FREE services to families needing extra support to help them have and raise healthy babies and preschoolers.

519-371-4773

Healthy Beginnings

Cradlelink

Parent Mutual Aid

Pregnant women needing extra support, especially those who are at risk for low birth weight babies, depression, isolation or poor nutrition.

Educational support group of friends:
We cook and eat together.
Discuss babies and pregnancy with a registered nurse.
Encourage and discuss healthy eating with a dietitian.
Provide free food gift certificates.
Offer free prenatal vitamins.

Transportation and professional childcare are provided free for those in the program.

This program is funded by the Canada Prenatal Nutrition Program through the Public Health Agency of Canada in partnership with the Grey Bruce Health Unit.



Help for expectant and new parents needing a little extra support.

For new parents who have:
Little or no family in the area.
Twins/triplets.
Moms who are at risk for postnatal depression.
New parents who already have toddlers.
Moms who need sleep.
Professional Nurses to answer questions and check baby's development.

Volunteer support to:
Sit with the baby while mom naps, showers or spends time with the older brother or sister.
Help mom get out to appointments, groceries, or walks.
Link mom with resources in the community.
Listen, be non-judgmental, pat her on the back.



Help for parents of children 0 - 6 years who feel a little stressed and would like support in their parenting role.

Professional and peer support.
A time to meet new friends.

Free programs on:
Parenting
Quick and healthy cooking
Crafts
Lifeskills

Free quality childcare programs and help with transportation for those who are eligible for the program.

This program is offered by the Community Action Program for Children through the Public Health Agency of Canada.

