



**Are you pregnant?  
Do you have children aged 0 – 6 years old?**

**The Healthy Young families Program is for you.  
We provide programming throughout Lanark County  
to pregnant women and  
families with children aged 0 – 6 years old.**

- **Weekly clinics in Lanark and Carleton Place**
- **Nutrition Counselling**
- **Well baby, child and adult care, including immunizations**
- **Pre and Post Natal Care**
- **Individual, Family and Couple Counselling** (Lanark, Carleton Place, Smiths Falls)
- **Community Presentations and Workshops**

**Staffed by:**  
**Community Developer**  
**Dietitian**  
**Nurse Practitioner**  
(available to those without access to a health care provider)  
**Social Work Counsellor**

**We also provide speech language services  
for children aged 0 – 5 years old**



**North Lanark County  
Community Health Centre**

A Part of Lanark Health and Community Services

For more information, please call  
Maggie Chapman at 613-259-2182  
or 1-866-762-0496