



# TOMORROW starts TODAY



Support your child's growth and development with **free programs** and **services** from preconception to school age.

Prenatal classes to help you prepare for the next step.

Drop-in sessions to help foster healthy relationships.

Home visits to provide postpartum support.

Hospital visits to help you start off on the right foot.



Call the **Family Health Line** at **519-383-3817**



**Lambton  
Public Health**

519-383-8331  
[www.LambtonPublicHealth.ca](http://www.LambtonPublicHealth.ca)  
160 Exmouth St, Point Edward, ON N7T 7Z6