



# NEWSLETTER

## VOLUNTEER LUNCHEON

Attended by many, this year's Volunteer Luncheon was a great success.



Below present at the luncheon were: Darina Abu-Shakra, Andrea Stewart, Julia Di Girolamo and Betty Steele

On top present were: Audrey Charles, Nancy Clarke and Pat Martin



## *BEST START IN THE NEWS ...*

### THE ONTARIO CAPC/CPNP NEWSLETTER Sharing Matters

Healthy Start was featured in the Ontario CAPC/CPNP newsletter for helping pregnant immigrant women. The program helps immigrant women who lack OHIP, know little or no English, and may not have access to a doctor. Due to the program, the women become familiarized with their community and the English language. This program also makes the women feel safe and supported in their new community.

## MISSISSAUGA NEWS

The opening of the New Teen Prenatal Supper Club at Fairview was featured in the Mississauga News. The opening of the Club was attended by the MPP Mississauga East and Minister of Tourism Peter Fensecta, Ontario Minister of Health and Long-Term Care George Smitherman, Medical officer of Health for the Region of Peel, Dr. David Mowat and city Ward 7 Councillor Nando Iannicca. The new Supper Club includes a kitchen which enables pregnant women to socialize by cooking meals together. By cooking meals with family members and friends mothers learn about nutrition for their children and themselves. Also, present at the ceremony was Best Start's Executive Director Barbara Wallace who states that the facility has been a great addition in the community and since its opening has been a great success.

## THE TORONTO STAR

The Star featured the teen prenatal program offered at the Fairview clinic in Mississauga by Best Start Health Coalition. The program help teens deal with their pregnancies when they have lost support from family and friends. Teens are able to learn everything from information about the baby to breathing techniques for labour. Through the information provided teens also quit smoking and drinking, which in turn produces healthy babies. Teens who attend the program also receive bus tickets, food vouchers, and prenatal vitamins which they may not be able to afford by themselves. By attending the Prenatal Supper Clubs teens make new friends who can relate to what they are going through while other teens are able to reconnect with their family members.

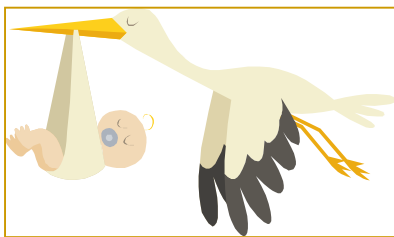
## SPECIAL RECOGNITION

Best Start appreciates ING Foundation for their long term support in donating money for the past four years towards Teen and Prenatal Supper Clubs.



## LOOKING FOR VOLUNTEERS

The Best Start Health Coalition in Peel is looking for volunteers. Please contact Ewa Nosek from the Region of Peel at (905) 791-7800 for more information.



## MISSION STATEMENT

Best Start Health Coalition in Peel aims to reduce the incidence of low birth weight babies by offering free comprehensive services that promote the healthiest pregnancies possible, including health education, nutrition and social support to child bearing women and their families.

## OUR SUPPORTERS

Alice and Murray Maitland Foundation

Brampton and Area Community Foundation

Chum City Christmas Wish

CIBC Wood Gundy's Children's Miracle Foundation

Community Foundation of Mississauga

Green Shield Canada Foundation

ING Foundation

J.P. Bickell Foundation

Kraft Canada Inc



Leon's Furniture Limited

Lloyd Carr-Harris Foundation

Mackenzie Financial Charitable Foundation

Marion Ethel Kamm and Frederick John Kamm Charitable Trust Foundation

Ontario Trillium Foundation

Peel Health Public Health Agency of Canada,

Canada Prenatal Nutrition Program

Raptors Foundation

Rotary Club of Mississauga

Second Harvest

Sifton Family Foundation

Sisters of Charity of Halifax, Charity Alive Fund

[www.beststartpeel.com](http://www.beststartpeel.com)

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