



The Milk and Eggs Program

The program offers a safe virtual space for pregnant women and new mothers to meet and socialize while learning about postnatal health and nutrition.

\$10 food vouchers are available for pregnant women and mothers with a baby aged 0 - 6 months

When: 2nd and 4th Tuesdays of the month

Time: 10:30 am - 12:00pm (English Sessions)

1:00 pm - 3 pm (Arabic Sessions)

Who: Pregnant women & mothers with a baby six months or younger

Where: Zoom

For registration and more information, please contact Rana Awni at 613-596-5626 ext. 253 or email rawni@nroccr.org