







Pregnancy Outreach Program: April 2025

A Canada Prenatal Nutrition Program funded through the Public Health Agency of Canada
 Address: North Okanagan Friendship Centre, 2902 29th Avenue, Vernon, BC Phone number; 250 542 1247
 Fax number: 250 542 3707 Email: prenatal@nofcs.ca Call/Text: 250 306 9954

Mon 9:00 am – 4:00 pm By appointment only	Tue 9:00am – 4:00pm Welcome anytime	Wed 9:00am – 4:00pm Welcome anytime	Thu 9:00am – 4:00pm GROUP Day	Fri CLOSED
	1 You are welcome to come between 9am – 4pm	2 Mothers For Recovery 9:30-11:30 You are welcome to come between 9am – 4pm	3 Lunch Drop In 11:30-1:00 Topic: Sharina: Pelvic Floor Health 	4 Good Food Box Cut Off
7 By appointment only	8 You are welcome to come between 9am – 4pm	9 Mothers For Recovery 9:30-11:30 You are welcome to come between 9am – 4pm The ABC's of Breastfeeding 6-8pm Register at 250 549 5721	10 Lunch Drop In 11:30-1:00 Topic: Angelina: The do's and don'ts of immunization / vaccinations 	11
14 By appointment only	15 You are welcome to come between 9am – 4pm	16 Mothers For Recovery 9:30-11:30 You are welcome to come between 9am – 4pm	17 Lunch Drop In 11:30-1:00 Topic: Jessica - Hearing  Good Food Box Pick Up	18
21 CLOSED 	22 You are welcome to come between 9am – 4pm	23 Mothers For Recovery 9:30-11:30 You are welcome to come between 9am – 4pm	24 Lunch Drop In 11:30-1:00 Topic: Baby Blues 	25
28 By appointment only	29 You are welcome to come between 9am – 4pm	30 Mothers For Recovery 9:30-11:30 You are welcome to come between 9am – 4pm		

CALL us at 250 542 1247 or TEXT us at 250 306 9954 for an appointment.