

Are you a pregnant woman with low income?



You can get free



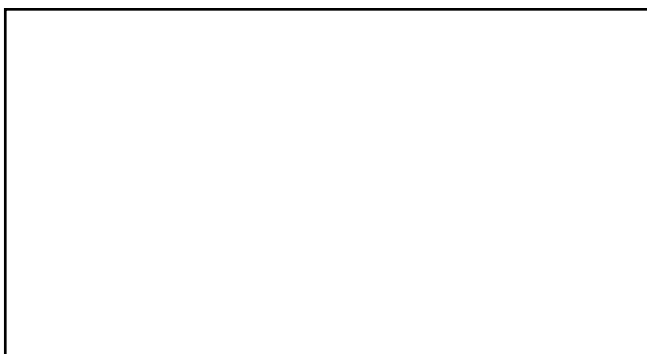
Food vouchers
(eggs, milk and
frozen vegetables)

Prenatal
vitamins



Advice from a nutritionist
to help you eat well during
your pregnancy

Contact us to find out if you're eligible.



Sign up at

[Québec.ca/magrossesse](https://quebec.ca/magrossesse)

Olo follow-up care is available at your CLSC thanks to the collaboration of Fondation Olo.

Québec 

Service grossesse

To ensure future moms and their families are well supported when the baby arrives



Health

Get **help** to monitor your **pregnancy**



Support

Get **help** if you're experiencing **difficulties**



Information

Find out about **free services** available near you

 **grossesse**

is for everyone,
regardless of immigration status.



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