












# Health Unit Programs & Services



Welcome to the Leeds, Grenville and Lanark District Health Unit. The Health Unit's main goal is to promote and protect the health of individuals within a community. Here are a few of the programs and services that help keep our population healthy.

Program/Service	Description
<b>Prenatal Care Services</b> 	Provide free support to moms and families preparing for pregnancy, birth, breastfeeding, and newborn development.
<b>Infant Feeding Clinics</b> 	Provide free infant feeding education to moms and families before and after baby is born to support baby's healthy growth and development.
<b>Healthy Babies Healthy Children</b> 	Free program that supports families with young children through in-home support, prenatal support, parenting resources and community connections.
<b>Preschool Speech &amp; Language Services</b> <i>Help with Service Navigation for children with Special Needs</i> 	Provide free services for preschool children (birth-Junior Kindergarten) with speech, language and communication difficulties. Can help to connect families of children with special needs to appropriate services in the community.
<b>Immunization Clinics</b> 	Provide free routine immunizations for adults and families and Covid-19 immunizations for children (5+) and adults.
<b>Dental Programs</b> 	Provide access to free emergency and essential services for eligible children, youth and low income seniors.
<b>Sexual Health Clinics</b> 	Provide free sexually transmitted infection (STI) testing and treatment, free or low cost birth control/condoms, pregnancy testing, emergency contraception, counselling and referrals.

Program/Service	Description
<p data-bbox="110 279 386 359">Quit Smoking and Vaping Services</p> 	<p data-bbox="680 275 1503 359">Provide free support, brief counselling and referrals for people who would like to reduce or quit smoking and vaping.</p>
<p data-bbox="110 470 358 550">Harm Reduction Services</p> 	<p data-bbox="680 468 1365 552">Provide free equipment and confidential services to individuals who inject or inhale substances.</p>
<p data-bbox="110 640 358 758">Tuberculosis Prevention and Control Services</p> 	<p data-bbox="680 657 1438 741">Provide follow up and access to free medication for those infected with Tuberculosis.</p>
<p data-bbox="110 850 326 930">Mental Health Services</p> 	<p data-bbox="680 848 1419 932">Provide connections and referrals to local mental health community supports.</p>

*All programs and services are confidential and are available at various service sites throughout Leeds, Grenville and Lanark.*

The Health Unit also has access to Interpretation Services which can help with communication. For more information about our programs and services, please call 1-800-660-5853 or visit our website at [www.healthunit.org](http://www.healthunit.org).