



*"We made a lot of changes since she got pregnant. One of them was not to drink. It's not always easy, but we're doing it together."*

# this is Our baby

Family and friends can make a big difference in helping a woman avoid alcohol use during her pregnancy. We can plan activities where there is no alcohol or join her in not drinking.

For more information, call 667-5777 or toll free at 1-800-661-0408 ext. 5777.

