



*"I know that alcohol  
and drugs can harm  
my unborn baby.  
Sometimes I'll  
need you to help  
me avoid them."*

# this is Our baby

Family and friends can make a big difference helping a woman avoid alcohol use during her pregnancy. We can ask the expectant Mom what she needs from us. We can share our ideas on how to help, and be there day or night.

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



Alcohol and  
Drug Services



**Yukon**  
Health and Social Services