

A pregnant woman with long dark hair is lying on her side on a bed. She is wearing a grey t-shirt and white patterned pants. She has her head resting on a grey and white patterned pillow and is smiling gently. Her right hand is resting on her belly. The background shows a window with light coming through and a green plant. The bottom of the image has a blue gradient overlay.

**Your Family Resource
Centre is here for you.**

If you need our support to smoke
less, quit smoking or stay smoke-free
call _____ or drop by

