

Free Health Services

Dental Programs



- for adults and children with low income and no dental insurance
- **905-546-2424 Ext. 5369**

Are you pregnant?



- for prenatal nutrition groups **905-546-3550**
- for schedule www.hamilton.ca/PrenatalGroups

Dental Bus



- for emergency dental problems
- **905-546-2424 Ext. 5369**
- for schedule www.hamilton.ca/dental

Health Connections



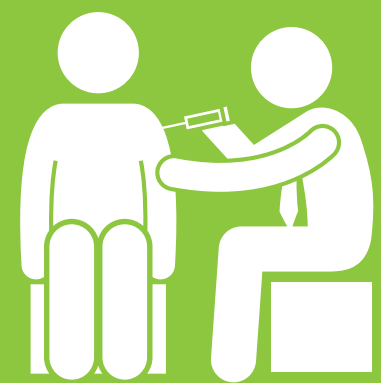
- for information and programs about pregnancy, how a child grows and develops, and parenting children aged 0 - 6 years **905-546-3550**

Quit Smoking



- for support and free Nicotine Replacement Therapy **905-540-5566**
- call Smokers' Helpline **1-877-513-5333** (language support)

Vaccines



- for questions and to report your child's vaccinations **905-540-5250**

Bed Bugs



- first tell landlord
- for questions and if landlord refuses to have licenced treatment call Public Health Services **905-546-2489**

Bug Busters

- for head lice clinics **905-546-2489** or www.hamilton.ca/bugbusters



Community Health Worker



Chinese (English, 中文支持)
905-546-2424 ext. 3314

South Asian
(English, हिंदी, ਪੰਜਾਬੀ, اردو, العربية)
905-546-2424 ext. 1705

Sexual Health



- for information about birth control
- testing for sexually transmitted infections
- **905-528-5894**