



Drinking Alcohol During Pregnancy Can Cause Life-Long Birth Defects

Alcohol use during pregnancy can cause your baby to have:

- permanent brain damage
- slower growth and development before and following birth
- distinct facial features
- trouble learning, thinking and reasoning

Alcohol Related Birth Defects Are Preventable

Everyone Can Join the Campaign To Prevent Alcohol Use During Pregnancy

Women: stay alcohol free before and during pregnancy

Fathers and partners: be supportive and reduce your alcohol use

Friends and family: learn about alcohol and pregnancy and talk about it

Hosts and bartenders: offer non-alcoholic drinks to your guests

Employers : support pregnant employees

Need Help To Stop Drinking?

Renfrew County Alcohol Drug and Gambling Assessment Referral Service
613-432-9855 or 1-800-265-0197

Pathways Alcohol and Drug Treatment Services
613-432-8573 or 1-888-241-1135

Motherisk Alcohol and Substance Use Helpline
1-877-327-4636

For more information call:
Renfrew County and District Health Unit
Health Info Line 1-800-267-1097 ext 666 or 735-8666

