<< I was certain that my child would never lack anything thanks to the counselling sessions with the nutritionist. Your advice regarding labour and breastfeeding have helped me feel confident and well-supported >>, Greyssy.

Photo : Jean Terry

JOIN

THE DISPENSARY'S LIFE PARTNERS!

TO BECOME A MONTREAL DIET DISPENSARY LIFE PARTNER, IS TO ALLOW A PREGNANT WOMAN IN NEED:

- to have access to all of the Dispensary's services: nutritional counselling and support (consultations with a nutritionist, food supplements), group activities (preparing for labour, breastfeeding, parental skills, healthy cooking at a low cost, infant and child feeding from ages 0 to 5,...), daycare, as well as social and community support;
- and, most of all, to give birth to healthy babies!

HOW TO BECOME A MONTREAL DIET DISPENSARY LIFE PARTNER?

Make **AN ANNUAL DONATION OF $1 000** (the annual cost of perinatal care at the Dispensary). The contribution can be made in one single payment or by monthly payment (e.g. : $83.50 per month for a year).

Make your donation directly on our website:
https://www.imakeanonlinedonation.org/dispensaire/PARV/
or by cheque payable to the Montreal Diet Dispensary.
Thank you!

OUR GOAL UNTIL MARCH 31ST, 2018:
RECRUIT 10 LIFE PARTNERS, RAISE $10 000
AND THEREBY ALLOW 10 PREGNANT WOMEN TO GIVE BIRTH TO HEALTHY BABIES IN 2018!

Photo : Stéphane Massie.

<< The Dispensary has offered me a sharing space and has helped me out of isolation. The staff and the volunteers put their hearts into their work! Every service is given with professionalism. My wish is for more women to benefit from this type of support. >>, Vannia.

EVERY DISPENSARY LIFE PARTNER will benefit from a visibility program (publication of their name, mention of their contribution on the web site, in the annual report, on social media and on the Dispensary's honorary wall), receive a ticket to assist our Mother's Day Luncheon Benefit event (May 11th 2018), an invitation to the Dispensary's Family Christmas party and to observe a nutritional consultation with a mther and her nutritionist.

Founded in 1879, the Dispensary is Quebec's leader in social nutrition. Through its innovative clinical and community-based interventions, it annually helps nearly 1,200 women in precarious socio-economic situations in Greater Montreal to nourish themselves adequately during pregnancy and give birth to healthy babies.

Montreal Diet dispensary

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