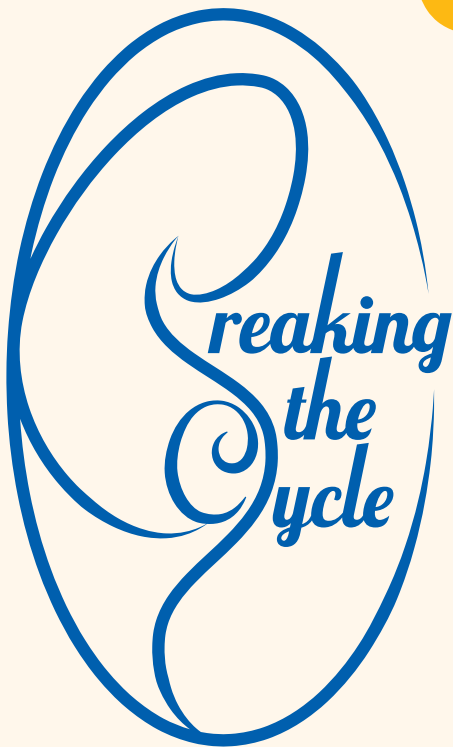


Breaking the Cycle



A chance for new beginnings

Breaking the Cycle is a one-stop service for women who are struggling with drugs or alcohol and are pregnant or have young children.

393 King Street East,
Toronto, Ontario M5A 1L3
416-364-7373
btcycle@mothercraft.org
www.breakingthecycle.ca



Are you pregnant or parenting a young child and struggling with use of alcohol and/or other drugs?

Are you feeling:

- overwhelmed
- frustrated
- lonely
- worried about your child
- worried about yourself and
- don't know where to turn?

You can find help your yourself and your children at **Breaking the Cycle**.

Breaking the Cycle

A program for:

- pregnant and parenting women who are struggling with substance use
- their children (0-6 years)

Our staff are very experienced.

We listen

We understand

We care

We welcome you

Call for an appointment
 **416-364-7373**

Monday to Friday

9 a.m. to 5 p.m.

393 King Street East, Toronto, Ontario M5A 1L3

btcycle@mothercraft.org | www.breakingthecycle.ca

At Breaking the Cycle, you can:

- ✓ Meet with the BTC Pregnancy Outreach Worker in the community
- ✓ Get support before and after the baby is born
- ✓ Get addiction counselling
- ✓ Join an addictions group
- ✓ Join an interpersonal violence group
- ✓ Get childcare while you attend a group or see a counsellor
- ✓ Get parenting information
- ✓ Join a parenting group:
 - Circle of Security Parenting©
 - Mother Goose
- ✓ Learn about your child's development
- ✓ Get home visits
- ✓ Talk to other moms
- ✓ Have breakfast and lunch with your child
- ✓ Pick up clothes for you and your child
- ✓ Get TTC tickets so you can come back

BreakingtheCycle



If you are struggling with drugs or alcohol and are pregnant or parenting children age 6 and under, we can help you.

Call: 416-364-7373

Partner Agencies

- Mothercraft
- Hospital for Sick Children
- Children's Aid Society of Toronto
- Toronto Public Health
- Catholic Children's Aid Society of Toronto
- St. Joseph's Health Centre
- St. Michael's Hospital
- Toronto Western Hospital, University Health Network
- Ministry of the Solicitor General
- Association of Ontario Midwives

With funding assistance from the Public Health Agency of Canada's CAPC, CPNP, and CCB.

