

be a friend... to me and my baby!

Help me have an alcohol-free pregnancy.



When I'm feeling stressed, my best friend is always there for me.



All of us hanging out!



Auntie was so excited and wanted to help.



My brother and I... we don't need alcohol to have fun!

Because no amount of alcohol is safe.



Everyone needs support during pregnancy.



When I became pregnant, both of us going alcohol-free made it so much easier for me...

If you would like this information in another official language, contact us at 867-920-3367. Si vous voulez ces informations dans une autre langue officielle, téléphonez-nous au 867-920-3367.

A pan-territorial initiative.