

Elgin St. Thomas Site

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From the Office of Dr. Joyce Lock, Medical Officer of Health, Southwestern Public Health

SWPH Healthy Growth and Development program introduces 'Know & Grow'

At Southwestern Public Health we continue to streamline and unify our program and service delivery across Oxford County, Elgin County and the City of St. Thomas. As part of this process, our Healthy Growth and Development program is excited to introduce a new sub-brand called 'Know & Grow' with the intent of creating a consistent, recognizable community resource for families to access pregnancy and baby support.

As part of this rebranding initiative, the following updates have been made:

- The previously known 'Baby & Me Clinics' in Elgin County and 'Ask a Nurse Clinics' in Oxford County are now called the [Know & Grow Clinics](#) across both regions.
- The previously known 'Family Health Line' in Elgin County and 'Health Matters Line' in Oxford County are now called the Know & Grow Line across both regions. The Know & Grow Line will maintain existing phone numbers for each location:
 - Know & Grow Line Elgin-St. Thomas: 519-631-9900 x 1400
 - Know & Grow Line Oxford: 519-421-9901 x 3473
- Related materials, web pages and resources will be rebranded to include the Know & Grow logo.

While our drop-in Know & Grow Clinics remain suspended due to COVID-19, pregnancy and baby support is still available. Families may call our Know & Grow Line to speak to a Public Health Nurse about preconception, pregnancy, child birth, and parenting or visit www.swpublichealth.ca/knowandgrow for more information and resources.

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