

# Harm Reduction Approach: Nutrition and Substance Use in Pregnancy

July 26, 2023

10:00-11:00am MST

This session aims to promote the health and well-being of both pregnant individuals and their growing babies, while taking into account their unique circumstances and challenges. The substance use advice offered in this presentation will be delivered through a harm reduction approach.

## Learning Outcomes:

- The risks of substance use during pregnancy for pregnant individuals and their babies.
- A greater understanding of harm reduction strategies for substance use in pregnancy.
- Where to find community resources and support services for pregnant individuals who use substances.



## Speakers:

Danielle Picard, Dietetic Intern, ISC Alberta Nutrition Advisory Team



Target Audience:  
Health professionals working with Indigenous individuals who are or may become pregnant and who are at a high risk for substance use

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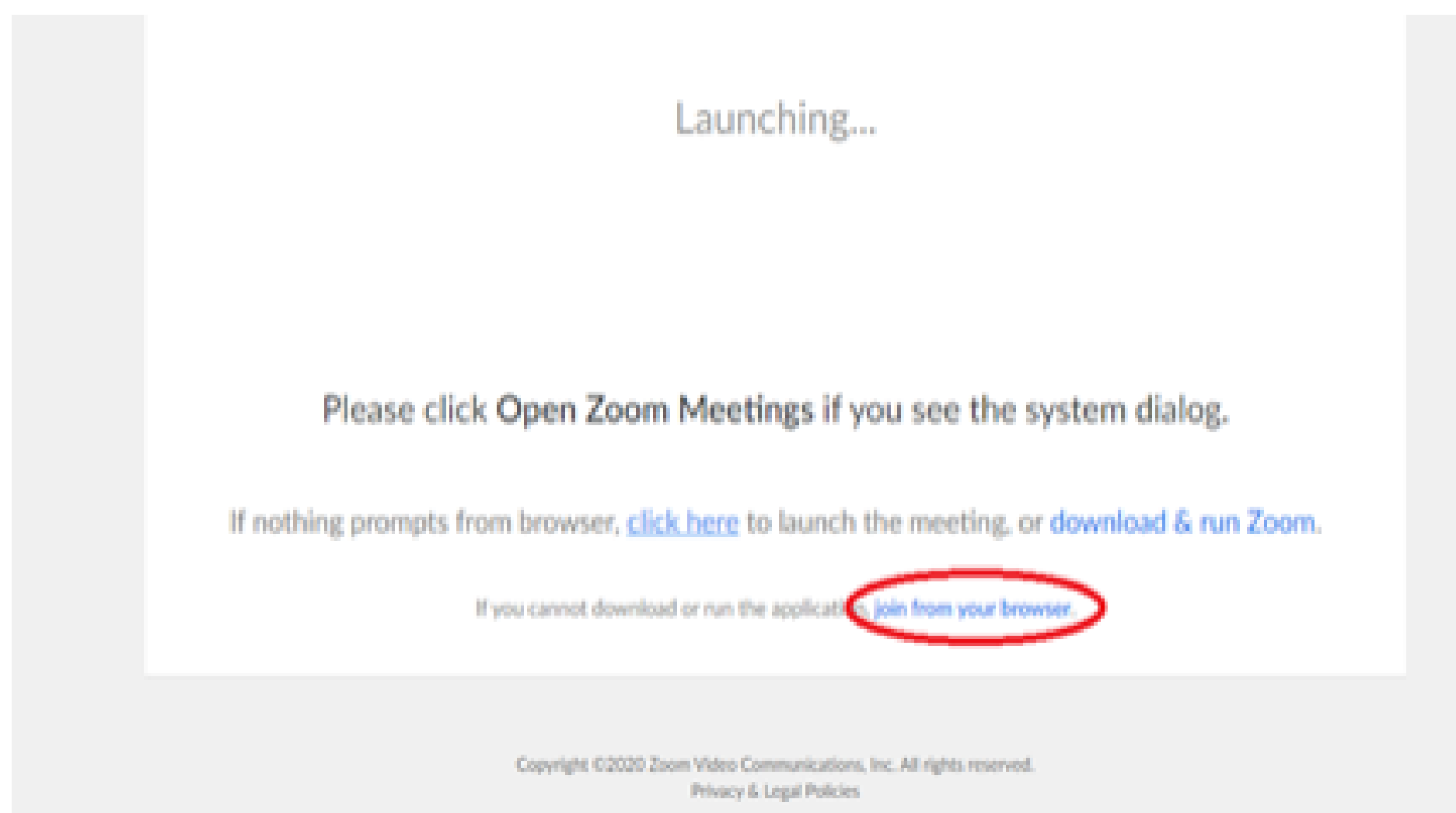
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