

SmartMom is an evidence-based text messaging program that sends you information & links to resources for each week of your pregnancy

Text SmartMom to 12323

or visit

www.smartmomcanada.ca







Standard message and data rates may apply. Enrolling in SmartMom is free, but depending on your mobile phone plan, your mobile phone service provider (carrier) may charge you to receive/send text messages or browse website links when not connected to WiFi.













