

Free online group sessions for Best Beginning clients



Meet other parents and Best Beginning staff to talk about pregnancy, birth, and parenting.

Group topics:

- Healthy eating
- Healthy pregnancy
- Pregnancy changes
- Preparing for birth
- Life as a parent
- Infant feeding
- Community resources
- And more!

Best Beginning Online Groups
Day: Every Wednesday
Time: 1:00 pm – 2:30 pm
Location: Online (Zoom)

Please note: you will need a smart phone, tablet, or computer to join the session

To register, please contact Best Beginning:

Phone: 403-228-8221

Email: bestbeginning@ahs.ca



www.bestbeginning.ca

