

# 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**

**Wednesdays 1:00 pm – 2:30 pm**

**&**

**Thursdays 10:00 am - 11:30 am**

**Attend one or both sessions**

## **Virtual Zoom Group**

You will need a smart phone, tablet, or computer to participate

**To register, please contact Best Beginning:**

Phone: 403-228-8221

Email: [bestbeginning@ahs.ca](mailto:bestbeginning@ahs.ca)



[www.bestbeginning.ca](http://www.bestbeginning.ca)

