

Free 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 Group

Tuesdays 1:00 pm – 2:30 pm

**Families Matter Centre in Midnapore,
#101, 239 Midpark Way SE**

**Grocery Cards, Transit tickets and
Childcare will be available**

In-person Groups

To participate you will need to complete a health screening and wear a mask.

To register and receive instructions for group please contact:

Best Beginning

Phone: 403-228-8221

Email: bestbeginning@ahs.ca



www.bestbeginning.ca



Free online group sessions for Best Beginning clients



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and Best Beginning
staff to talk about
pregnancy, birth,
and parenting**

Group topics:

- Healthy eating
- Healthy pregnancy
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- 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

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