

Free group sessions for Best Beginning clients



Best Beginning Group

Tuesdays and Wednesdays

1:00 pm – 2:30 pm

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

Wed: Genesis Centre
#10, 7555 Falconridge Blvd NE

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

In-person Groups:

Childcare, grocery cards and transit tickets will be available

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 session for Best Beginning clients



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and Best
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talk about
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Group topics:

- Healthy eating
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Best Beginning Online Group

Thursdays 10:00 am - 11:30 am

Virtual Zoom Group

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

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