



COCHRANE PRENATAL HEALTH GROUP (virtual)

Every 2nd & 4th Thurs | 1-2:30 pm via Zoom

In partnership Cochrane & Area Family Resource Network

Join us for an **online** casual café, where you can meet with an Alberta Health Services Childbirth Educator and a Registered Dietitian while connecting with other parents on the topics of pregnancy, nutrition, labour and birth, infant feeding, infant sleep, newborn care, transition to parenthood and early parenting. Pregnant and/or parenting up to 6 months are welcome!

Register Online: [Cochrane.ca/programguide](https://cochrane.ca/programguide)

Please note: "AHS still has restrictions in place to protect Alberta's most vulnerable from COVID-19. In-person prenatal and parenting groups will return when AHS restrictions are fully lifted. Until then we will continue to offer interactive virtual group classes that you can experience from the comfort of your own home."

