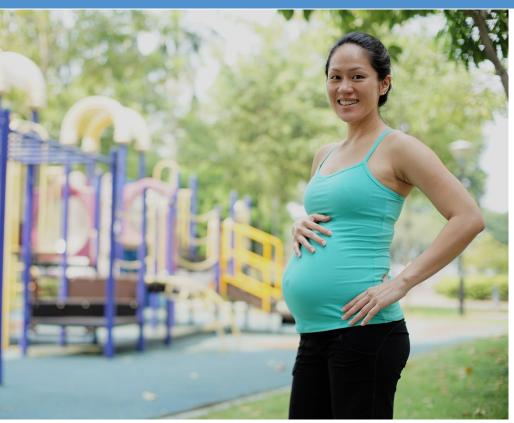
## Free group sessions for Best Beginning clients



## **Best Beginning Group**

Mondays, Tuesdays and Wednesdays Mon (1030-1200) : Calgary Central Public Library Downtown, 800 3rd Street SE

Tues (1:00-2:30): Families Matter Centre in Midnapore #101, 239 Midpark Way SE

> Wed (1:00-2:30): 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 sessions for Best Beginning clients



## **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 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

To register, please contact Best Beginning:

Phone: 403-228-8221 Email: bestbeginning@ahs.ca





