



# COCHRANE PRENATAL HEALTH GROUP

Pregnant to newborns 6 months

**2ND&4TH WED | 10-11:30AM | DROP-IN | IN-PERSON**

**Cochrane & Area Family Resource Network, 127 FIRST AVE W**

Join an AHS Childbirth Educator and Registered Dietitian while connecting with other parents on the topics of pregnancy, nutrition, labour, birth, infant feeding/sleep/care and transition to early parenthood. Pregnant or parenting up to 6 months are welcome. Supervised toddlers welcome.

