

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

Mondays, Tuesdays and Wednesdays

**Mon (1030-1200) : Calgary Central Public Library
Downtown, 800 3rd Street SE**

**Tues (1:00-2:30): Salvation Army Centre in Forest
Lawn, #100, 5115 17 Ave SE**

**Wed (1:00-2:30): Genesis Centre
#10, 7555 Falconridge Blvd NE**

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



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

Group topics:

- Healthy eating
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Best Beginning Online Group

Thursdays 12:30 pm - 1:30 pm

Virtual Zoom Group

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

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