

Best Beginning Drop-In Schedule

Best Beginning is a free confidential service for pregnant women and their supporters with health, social or financial concerns.

We offer:

- Free food, milk and vitamins (if needed)
- Information on pregnancy, labor and birth
- Information on healthy eating, alcohol, smoking and drugs

Individual Contact:

 Meet one-to-one with a Social Worker, Nurse or Nutritionist

Group Sessions:

- Information from a Social Worker, Nurse or Nutritionist
- Cook and share a meal or snack
- Meet other pregnant women
- Child Care Program

Multiple languages and interpretation services are available Assistance with transportation whenever possible

Drop-In to a location closest to you, or call us today at (403) 228-8221

NW Calgary Locations

Wednesday Individual Drop-In

Northhill Postpartum Clinic Lions Park Plaza 1527-19th Street N.W 11:00 – 12:00 pm

Tuesday Group Session

Huntington Hills Community Centre Top floor (North Central ParentLink Centre) 520 – 78th Ave NW 4:30 – 7:00 pm English, Cantonese, Mandarin

GREEN TEAM

SW Calgary Locations

Monday Individual Drop-In

Immigrant Services Calgary 5TH Floor, 910 – 7th Ave SW 10:00 – 11:00 am Drop-In 11:00 – 12:00 pm Class

Thursday Group Session

Southwood United Church 10690 Elbow Dr SW 4:30 – 7:00 pm English and Spanish languages offered

Wednesday Individual Drop-in

Sheldon M. Chumir Health Centre Room 3107, 1213 4 St SW 1:30 – 3:00 PM

Thursday Group Session

CUPS 1001 10th Ave SW 12:00 – 1:45 pm

YELLOW TEAM

NE Calgary Locations

Thursday Individual Drop-In

Sunridge Family Planning Clinic 406, 2675 – 36th St NE 10:30 – 11:30 am

Tuesday Group Session

The Genesis Centre
7556 Falconridge Blvd. NE
Multipurpose Room A
1:00 – 2:30 pm
English, Hindu, Urdu, Arabic
languages offered

PINK TEAM

SE Calgary Locations

Monday Individual Drop-In

East Calgary Health Centre 4715 – 8th Ave SE 10:30 – 11:30 am

Wednesday Group Session

Emmanuel Community Church 3003 28th Street SE 11:30 – 2:00 pm English, and Arabic languages

Thursday Individual Drop-In

Acadia Community Health Centre 132 - 151 86th Ave SE 10:30 – 11:30 am

BLUE TEAM