



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

