



The Best Beginning Program is a free, optional service for pregnant women /teens and their supporters with financial concerns as well as health, social, and emotional concerns.

- Free food, milk, prenatal vitamins and bus tickets (if needed).
- Information and education on; pregnancy, labour and birth, and community resources,
- Information on healthy eating, alcohol, smoking and drugs, injury prevention, vaccinations, and family conflict.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Individual Drop-Ins:</b>  Milk coupon pick-up <b>ONLY</b>  Monday to Friday at:  East Calgary Health Centre 4715 8 <sup>th</sup> Ave SE 2 <sup>nd</sup> Floor Phone:403-228-8221 <b>9:00am – 3:00pm</b>  <i>* Check in at the main desk on the 2<sup>nd</sup> Floor.</i>	<b>Immigrant Services Calgary</b> 5 <sup>th</sup> floor, 910 – 7 <sup>th</sup> Ave SW <b>10:00 – 11:00 am</b> <b>11:00 – 12:00 Class</b>				
<b>Group Programs:</b>  <ul style="list-style-type: none"> <li>• 'Topic of Interest' sessions from a Nurse, Nutritionist, or health care staff.</li> <li>• Cook a meal, or share a snack.</li> <li>• Meet other pregnant women.</li> <li>• Childcare Program</li> </ul>	<b>Immigrant Services Calgary</b> 5 <sup>th</sup> floor, 910 – 7 <sup>th</sup> Ave SW <b>10:00 – 11:00 am</b> <b>11:00 – 12:00 Class</b>	<b>The Genesis Centre</b> 7556 Falconridge Blvd. NE Multipurpose Room A <b>1:00 – 2:30</b> <i>English/Hindu/Urdu Arabic</i>	<b>Emmanuel Community Church</b> 3003 28 <sup>th</sup> Street SE <b>11:30 – 2:00 pm</b> <i>English/Arabic</i>	<b>CUPS</b> 1001 10 <sup>th</sup> Ave SW <b>11:45 – 1:45 pm</b> <i>English</i>	
				<b>Southwood United Church</b> 10690 Elbow Drive SW <b>12:30 - 2:00 pm</b> <i>English/Spanish</i>	
		<b>Good Sheperd</b> 6311 Norfolk Drive NW <b>4:30 – 7:00 pm</b> <i>English/Cantonese/Mandarin</i>			

**Best Beginning Main Number Intake: (403) 228-8221**