



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.

Group Programs:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> • 'Topic of Interest' sessions from a Nurse, Nutritionist, or health care staff. • Share a snack. • Meet other pregnant women. • Childcare Program 	<p>Immigrant Services Calgary 5th floor, 910 – 7th Ave SW 10:45 – 12:00</p>		<p>Emmanuel Community Church 3003 28th Street SE 1:00 – 2:30 pm <i>English/Arabic</i></p>	<p>CUPS 1001 10th Ave SW 10:30 – 12:00 pm <i>English</i></p>	
	<p>St. David's United Church 3303 Capitol Hill Crescent NW 1:00 – 2:30 pm <i>English/Cantonese/ Mandarin</i></p>	<p>The Genesis Centre 7556 Falconridge Blvd. NE Multipurpose Room A 1:00 – 2:30 pm <i>English/Hindu/Urdu Arabic</i></p>		<p>Southwood United Church 10690 Elbow Drive SW 1:00 – 2:30 pm <i>English/Spanish</i></p>	

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