



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.

- By participating in group you receive a free food/milk gift card and bus tickets to come to group. Snacks are also offered!
- Group: Information and health education about healthy pregnancy, nutrition, labour and birth, community resources, infant safety, parenting, relationships and more!

Group Programs:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>• 'Topic of Interest' sessions from a Nurse, Nutritionist, or health care staff.</li> <li>• Share a snack.</li> <li>• Meet other pregnant women.</li> <li>• Childcare Program</li> </ul>				<p><b>CUPS</b> 1001 10<sup>th</sup> Ave SW <b>10:30 – 12:00 pm</b> <i>English</i></p>	
	<p><b>St. David's United Church</b> 3303 Capitol Hill Crescent NW <b>1:00 – 2:30 pm</b> <i>English/Cantonese/Mandarin</i></p>	<p><b>The Genesis Centre</b> 7556 Falconridge Blvd. NE Multipurpose Room A <b>1:00 – 2:30 pm</b> <i>English</i></p>	<p><b>YWCA</b> 1715 17 Ave SE <b>1:00 – 2:30 pm</b> <i>English/Arabic</i></p>		

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