

Best Beginning Program Interagency Fax Referral Form

Fax to: 403-955-1211

Phone: 403-228-8221

Best Beginning is a free confidential service for pregnant teens and pregnant women facing barriers to a healthy pregnancy:

- Education and support to make healthy choices during pregnancy
- Feel alone and isolated
- Experiencing Social barriers
- Face language or cultural barriers

We offer:

- Bus tickets to attend group education sessions, prenatal vitamins, and food coupons
- Assessment by a team of health care professionals, Nurse, Social Worker and/or Registered Dietitian
- 1:1 education on pregnancy, labour and birth, breastfeeding, parenting
- Information on healthy eating, alcohol, smoking and drugs
- Referrals to community organizations (ie. Food Bank, Families Matter)
- Health system navigation
- Provide interpretation services

Group Sessions

- Learn about a pregnancy or parenting topic from a Nurse, Registered Dietitian or Social Worker
- Share a healthy, balanced snack
- Meet other pregnant women
- Child-care with a preschool structure is offered for free.

Please fill in all fields below

I, _____ (first name, last name) give permission for the Best Beginning Program to contact me with more information about the program.

Date of Birth: _____ **AHC/ULI:** _____

Due Date: _____ **Phone Number:** _____

***The information above is required for admission into our program**

Address: _____

Interpreter needed: Yes ___ No ___ Language _____

Comments: _____

Referring Agency/name – Contact Info: _____

Phone: _____ Fax: _____