

# Free online group sessions for Best Beginning clients



**Meet other parents and Best Beginning staff to talk about pregnancy, birth, and parenting.**

Group topics:

- Healthy eating
- Healthy pregnancy
- Pregnancy changes
- Preparing for birth
- Life as a parent
- Infant feeding
- Community resources
- And more!

**Best Beginning Online Groups**  
**Day: Every Wednesday**  
**Time: 1:00 pm – 2:00 pm**  
**Location: Online (Zoom)**

Please note: you will need a smart phone, tablet, or computer to join the session

**To register, please contact Best Beginning:**

Phone: 403-228-8221

Email: [bestbeginning@ahs.ca](mailto:bestbeginning@ahs.ca)



[www.bestbeginning.ca](http://www.bestbeginning.ca)

