

Give your baby the **BEST BEGINNING**

Best Beginning is a free program for all pregnant teens and for pregnant individuals who experience any of the following:

- language or cultural barriers
- social barriers
- mental health and/or addiction concerns
- live on a low income
- feel alone and isolated



Best Beginning can help during your pregnancy:

- Confidential support from nurse, dietitian, social worker, and outreach worker
- Health education
- Connection to community resources
- Prenatal vitamins and food for low-income clients
- Meet other expectant parents

Call 403-228-8221 for more information



www.bestbeginning.ca

