



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Individual Drop-Ins: Milk coupon pick-up ONLY Monday to Friday at: East Calgary Health Centre 4715 8 th Ave SE 2 nd Floor Phone:403-228-8221 9:00am – 3:00pm <i>* Check in at the main desk on the 2nd Floor.</i>	Immigrant Services Calgary 5 th floor, 910 – 7 th Ave SW 10:00 – 11:00 am 11:00 – 12:00 Class				
Group Programs: <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 	Immigrant Services Calgary 5 th floor, 910 – 7 th Ave SW 10:00 – 11:00 am 11:00 – 12:00 Class	Good Sheperd 6311 Norfolk Drive NW 10:30 – 12:00 pm <i>English/Cantonese/Mandarin</i>	Emmanuel Community Church 3003 28 th Street SE 1:00 – 2:30 pm <i>English/Arabic</i>	CUPS 1001 10 th Ave SW 10:30 – 12:00 pm <i>English</i>	
		The Genesis Centre 7556 Falconridge Blvd. NE Multipurpose Room A 1:00 – 2:30 pm <i>English/Hindu/Urdu Arabic</i>		Southwood United Church 10690 Elbow Drive SW 1:00 – 2:30 pm <i>English/Spanish</i>	

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