



604.701.4978 ext 6021

Better Beginnings

Pre and Post Natal Support

46361 Yale Road



**Chilliwack
Community
Services**

SHARE • GROW • BELONG

Chilliwack Community Services

Better Beginnings

Better Beginnings is a program for pregnant mothers that continues to offer support for six months after the baby's birth.

- A pre and post natal support group welcoming pregnant parents
- Focus is on building a healthy baby through support around nutrition, healthy lifestyle and infant care

Group Education

- Breastfeeding support
- Child development
- Nutrition and active living
- Mental wellness

Connections

- Meet new friends and connect with neighbours
- Information and referral to a network of family resources and services in the Chilliwack area

Neighbourhood Learning Centre 46361 Yale Road	
Thursday 9:30 - 10:30 AM	Must be pregnant to register Breakfast included Pre-registration required
Thursday 11:00 - 12:00 NOON	Must be pregnant to register Lunch included

Revised 05/13/2021