



604.701.4940

Better Beginnings

Pre and Post Natal Support

46361 Yale Road



Health
Canada



**Chilliwack
Community
Services**

SHARE • GROW • BELONG

Chilliwack Community Services

Better Beginnings

Better Beginnings is a program for pregnant parents 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 neighbors
- Information and referral to a network of family resources and services in the Chilliwack area

Neighbourhood Learning Centre 46361 Yale Road	
Thursday 9:30am to 10:30am	<ul style="list-style-type: none">• Must be pregnant to register• Breakfast included• Pre-registration required
Thursday 11:00am to 12:00pm	<ul style="list-style-type: none">• Must be pregnant to register• Lunch included• Pre-registration Required