

## Participation Policy



In order to provide so many free and low cost services we encourage clients to participate in programs and groups. Our Participation policy states that we'd like to see you participate once a month in a group, or have a visit with an outreach worker for one-half hour a month. Some services may be restricted if you don't meet our participation policy requirements.



## Donation Room



Our donation room is accessible to anyone in need. We have baby and toddler clothing, maternity clothing, as well as diapers and wipes when available. We accept donations at any time during our office hours.

We are accepting donations of Diapers, wipes, formula, clothing and baby gear.



# At Babies' Best Start

**Participating Mothers choose which services they receive. All services are confidential.**



## CONTACT US



780-533-2347



10105-97 Ave  
Grande Prairie  
AB, T8V0N5  
(Second Floor)



bbsadmin@gpfriendship.com



www.gpfriendshipcenter.com

@bbsgpfriendship



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# Babies' Best Start



Babies' Best Start is a **CONFIDENTIAL** Program that offers non-judgmental support, education, & advocacy for women/teens.



This program is for pregnant and parenting women of all ages and cultural backgrounds.



## What Is Babies' Best Start?

**Babies' Best Start** provides non-judgmental support and education on pregnancy and parenting.

**Babies' Best Start** supports women to make healthy choices about:

- Nutrition
- Breastfeeding
- Harm Reduction
- Prenatal Support
- Parenting Programs



**Babies' Best Start** may provide milk and vitamins to qualifying mothers during pregnancy and while breastfeeding.

**Babies' Best Start** works with public health nurses and dietitians in local communities to provide up-to-date information.

**Babies' Best Start locations are:**

- Grande Prairie
- Sexsmith
- Clairmont
- Grovedale
- Hythe
- Wembley



### Fresh Food Bags

Fresh Food bags are available for \$10.00 each during participating months. The Fresh Food Bag is intended to help supplement your grocery shopping needs. The contents in the bag will vary depending on the season. Some restrictions on registration apply.

### Cooking Circle

Cooking Circle was created to expand cooking expertise and nutritional knowledge. During Cooking Circle, parents get together to cook a meal, sit down and enjoy the meal together.

### Little Chef's

This fun program is geared for children ages 2-5. Every Little Chef's program has a fun theme that includes stories, crafts and making a yummy recipe with their parents!

### Cultural Teachings

During this group you learn how to make traditional items. You will be given a teaching on it's history and value in indigenous culture. Learn how to make Dreamcatchers, Moccasins, Drums and more.



## Parent Education

Pre-Registered programs such as, Circle of Security, Traditional Parenting, Active Parenting, Colour Spectrums & Single Parenting. Groups vary throughout the year, please contact the office for current programs.

## Prenatal/ Mother's Group

These groups are held on a regular basis, within our communities. Bringing in experts such as Jenny-Mama Coach, Dieticians, Alberta Health Services, Early Childhood Intervention, with group topics such as menu planning, yoga, social park days, toddlers & food, youth programs, 5 Ways of Wellbeing, and so much more. All of these groups are planned in advance with a monthly calendar available in the office or on our Facebook page.

## Facebook Groups:

- Babies' Best Start Grande Prairie
- Babies' Best Start Hythe & Wembley
- Grovedale Babies' Best Start
- Sexsmith & Clairmont Babies' Best Start



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