

## 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.



## Curbside Pickup/Delivery Tuesdays & Thursdays

Our donated items are accessible to any client in need. We have baby and toddler clothing, maternity clothing, as well as diapers, wipes and formula when available. Items can be picked up Thursdays from 1-4pm and delivery can be available under certain circumstances.

We accept donations on Thursdays 8:30am-4:30pm. We are accepting donations of Diapers, wipes and formula. Unfortunately we cannot take donations of clothing at this time.



# At Babies' Best Start

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



## CONTACT US



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Find Us On Facebook:  
Babies' Best Start Grande Prairie  
Babies' Best Start Hythe & Wembley  
Grovedale Babies' Best Start  
Sexsmith & Clairmont Babies' Best  
Start



Funding is provided by Public Health of Canada's CPNP and CAPC Programs. Babies' Best Start is sponsored by the Grande Prairie Friendship Centre.



# Babies' Best Start



believe

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



love



hope

**...for pregnant and parenting  
women of all ages and cultural  
backgrounds.**



dream



## 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



## Registered Programs

### **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 Online**

. 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.

### **Virtual Little Chef's**

Is a fun parent & child interaction program geared for children 2-5 years of age. Children will get to learn and prepare recipe based on a story and make a craft. All supplies can be picked up at the office and the children and parents can tune into Zoom together for the program.

### **Online Cultural Teachings**

Learn how to make Dreamcatchers, Baby Moccasins and more with the virtual cultural programs. Supplies are picked up at our office, and tune in on Zoom to make these crafts together.

## Parent Education

Pre- Registered programs such as, Circle of Security, Building Connections, 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 presenters such as Dietitians, Alberta Health Services, Menu Planning, Yoga, Social Park days, Toddlers & Food, Jenny-Mama Coach, Early Childhood Intervention, Youth Program, 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



love