



Best Beginning Group Schedule
Immigrant Services Calgary
5th floor, 910 – 7th Ave SW
Mondays 10:00 – 11:00 Drop-In
11:00 – 12:00 Class

Date	Topic
June 1, 2015	Medical Interventions
June 8, 2015	Breastfeeding
June 15, 2015	Crying Baby
June 22, 2015	Postpartum
June 29, 2015	Baby Care
July 6, 2015	Rethink Your Drink
July 13, 2015	Early Pregnancy
July 20, 2015	Introduction to Labour
July 24, 2015	Self Coping
August 3, 2015	NO GROUP
August 10, 2015	Medical Terms
August 17, 2015	Medical Interventions
August 24, 2015	Breastfeeding
August 31, 2015	Feeding Baby Solids

For more information or to contact the team call:

Best Beginning:

403-228-8221



Immigrant Services Calgary is located directly on 7th avenue which is the C-train tracks downtown. The building faces the C-train station as well as Mac's and McDonalds.

Please call Calgary Transit for more information, 262 – 1000