



Free Growing with Moms


Healthy Baby Group

Healthy Baby community programs - support, information and resources for pregnant women and new parents (Babies under 1 year).

At a Healthy baby Group, you can

- Learn new songs and rhymes
- Connect with other moms
- Enjoy a nutritional snack
- Bring older siblings - childminding is provided
- Receive free milk coupons, *if you are pregnant or baby is under 6 mths
- Learn about your pregnancy and your baby's development

We meet on the second Friday of each month
at the Elie Community Club
from 10-12



For more information or to register
please call Ginette Dyck @ 353-2530
or email me at colourchik@yahoo.ca