# WHAT IS Sabies'?

Babies' Best Start is for pregnant and parenting women with children 0-6 years of age. We support mothers of any background and there are no fees to join or attend programs.

We offer a variety of services including educational groups, nutritional support, social support, referrals, parenting strategies, and more.

## PARENTING WORKSHOPS

Pre- Registered programs such as, Circle of Security, Traditional Parenting, Active Parenting, and Nobody's Perfect. Groups vary throughout the year, please contact the office for current programs.

## **EXAMPLES OF GROUPS TOPICS**

Children's Literacy
Labour & Delivery

Starting Baby on Solid Foods
Breastfeeding Support
Kindergarten Transitions
Parenting Support
Newborn Care
Temper Tantrums

Postpartum and Mental Health
Safety and Baby Proofing
Bedtime Routines
Picky Eaters
Food Budgeting

and much more!

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I've learned so much from all the groups that BBS offers; knowledge that I wouldn't have received elsewhere. It is an amazing resource that everyone should know about. The fresh food bag program has provided so much to our family and we are so appreciative that it's offered."

## 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!



# COOKING CIRCLE

Cooking Circle is a opportunity to expand your cooking expertise and nutritional knowledge. During

Cooking Circle, parents get to cook, sit down and enjoy the meal together. Clients learn new skills, create a delicious meal and visit with each other.

#### FRESH FOOD BAG

We partner with a local grocery store to order large amounts of fresh fruits and vegetables for our

Fresh Food Bag Program almost every month. Eligible clients pay only \$10, and Babies' Best Start pays the rest and handles the ordering, purchasing, packaging and distribution of the bags.

# CULTURAL

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 Medicine bags, Moccasins, Drums and more.



#### **DONATION ROOM**

Our donation room is filled with:

- Baby and toddler clothing
- Maternity clothing
- Diapers and wipes
- Toys
- Books
- Baby Gear (highchairs, tubs, blankets)

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

## VOLUNTEER

Please call 780-533-2347 if you are interested in volunteering in the Babies' Best Start program.



# LOCATIONS

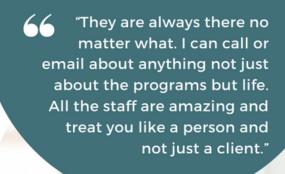
Grande Prairie Sexsmith Clairmont Grovedale Valleyview Wembley







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780-533-2347



Grande Prairie 10105-97 Ave (Second Floor)



bbsadmin@gpfriendship.com



gpfriendshipcentre.org

@bbsgpfriendship









The

Program

This CONFIDENTIAL Program
offers non-judgmental
support, education, &
advocacy for pregnant and
parenting women of all ages
and cultural backgrounds.