



# Great Beginnings

Weekly programs for pregnant women and new parents with their infants 0-6 months.

**Nutritious Snack**

**Pre & Post-Natal Health Information**

**Weekly Healthy Groceries & Milk Products**

**Social Connections**

**Education**

**Public Health Nurse Onsite**

**Guest Speakers**

**Connect with Community Supports & Services**

## Programs available in:

**Gravenhurst**

**Bracebridge**

**Huntsville**

**Parry Sound**

**South River**

Tuesdays

Wednesdays

Mondays

Thursdays

Thursdays

1:00-3:00pm

10:30-12:30

12:30-2:30pm

12:30-2:30pm

12:00-2:00pm

**For more information and registration:**

**705-645-3155 or 1-800-668-8555**



**Great Beginnings**



*Need help getting to the group?*

*Assistance with transportation is available.*