

Free Parent Programming

# Bump to Baby



Thursday's September 14th, 21st, 28th,  
October 12th, 19th, 26th. Nov. 2nd  
5pm—6:30pm

Located at High Level Parent Link Centre

A variety of guest speakers will share information on many topics of pregnancy and what to expect before and after baby is born.

Topics include Labour and Deliver, feeding options, belly casting, car seat safety, post partum depression and more.

Call Heather to register

780-926-4668

Thursday Evenings 5pm - 6:30pm