

# Healthiest Babies Possible

Surrey ~ Delta ~ White Rock

April

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Newton <b>Yoga</b> 10 - 11:30 am <b>Breastfeeding Café</b> 1 - 3 pm	3	4	5 Delta <b>Lunch Club</b> <b>Attachment</b> 11 am - 1 pm
8	9 Newton <b>Comfort Measures</b> 1 - 3 pm <b>***Call to Register***</b> <b>604-583-1017</b>	10	11 Guildford <b>Lunch Club</b> <b>Dental Health</b> 11 am - 1 pm	12
15 	16 Newton <b>Yoga</b> 10 - 11:30 am <b>Breastfeeding Café</b> 1 - 3 pm	17	18	19  <b>Good Friday</b> <b>Office Closed</b>
22  <b>Easter Monday</b> <b>Office Closed</b>	23	24 Dasmesh Darbar <b>South Asian Group</b> 11am - 1 pm <b>604-837-7892</b>	25 Guildford <b>Lunch Club</b> <b>Pregnancy Safety</b> 11 am - 1 pm	26 <b>Grocery Store</b> <b>Tour</b> 11 am - 12 pm <b>***Call to Register***</b> <b>604-583-1017</b>
29	30 Newton <b>Yoga</b> 10 - 11:30 am	 <b>SUNDAY</b> <b>APRIL 21, 2019</b>		

May

Monday	Tuesday	Wednesday	Thursday	Friday
<b>HAPPY</b> <b>MOTHER'S</b> <b>Day!</b>	<b>Sunday</b> <b>May 12<sup>th</sup></b>	1	2	3 Delta <b>Lunch Club</b> <b>Infant Development</b> 11 am - 1 pm
6	7 Newton <b>Breastfeeding Cafe</b> 1 - 3 pm	8	9 Guildford <b>Lunch Club</b> <b>Breastfeeding</b> 11 am - 1 pm	10
13	14 <b>Yoga</b> 10 - 11:30 am <b>Labour &amp; Delivery</b> 1 - 3 pm <b>***Call to Register***</b>	15	16	17 Delta <b>Lunch Club</b> <b>Sexual Health</b> 11 am - 1 pm
20  <b>VICTORIA</b> <b>DAY</b> <b>Office Closed</b>	21 Newton <b>Breastfeeding Cafe</b> 1 - 3 pm	22	23 Guildford <b>Lunch Club</b> <b>Infant Nutrition</b> 11 am - 1 pm	24
27	28 <b>Yoga</b> 10 - 11:30 am <b>Comfort Measures</b> 1 - 3 pm <b>***Call to Register***</b>	29 Dasmesh Darbar <b>South Asian Group</b> 11am - 1 pm <b>604-837-7892</b>	30	31 Delta <b>Lunch Club</b> <b>Infant Safety</b> 11 am - 1 pm

## Group Locations

604.583.1017 | HBP@options.bc.ca | www.options.bc.ca

Locations	Addresses	Bus Routes
Newton	The Early Years Centre #100 - 6846 King George Blvd.	321, 324, 96b
Guildford	Johnston Heights Church 9612 - 152 St.	320, 375
Delta	St. Cuthbert's Church 11601 - 82 Ave.	301, 314 316, 391

## Group Descriptions

Group Types	Description
<b>Lunch Club (Guildford &amp; Delta)</b>	Drop-in groups on alternate Thursdays and Fridays. One hour presentation followed by a
<b>Pre/Postnatal Yoga</b>	One-hour yoga session on alternating Tuesdays taught by a Certified Yoga Instructor. Mats, pillows, and snack provided. Bus tickets and grocery gift card provided. Childminding available.
<b>Labour &amp; Delivery Class, Comfort Measures</b>	Two two-hour classes held every two months, taught by a Public Health Nurse. First class reviews Labour & Delivery video. Second class reviews and practices Comfort Measures to use during labour. Partners welcome. Bus tickets provided. <b>NO</b> childminding.
<b>South Asian Group</b>	Drop-in groups held on the last Wednesday of every month. Group is for Punjabi speakers. Bus tickets and grocery gift card provided. <b>NO</b> childminding. Group held at Dasmesh Darbar Temple: 12885 - 85 Ave., Surrey V3W 0K8
<b>Breastfeeding Cafe</b>	Two-hour drop-in group for breastfeeding support every 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday of the month. Group hosted by a Lactation Counsellor. One hour for a topic discussion followed by an opportunity for one on one consultations. Bus tickets provided. <b>NO</b> childminding.
<b>Community Kitchen</b>	Two-hour class led by Registered Dietitian where participants learn to prepare, cook, and eat a healthy meal together. Registration required. <b>NO</b> childminding.
<b>Grocery Store Tour</b>	One-hour tour of a grocery store led by Registered Dietitian with a focus on healthy eating during pregnancy, food label reading, and eating well on a budget. Gift card provided. Registration required. Participants responsible for children if brought on tour. Please arrive 10 minutes early and meet at Customer Service (Superstore, 7550 King George Blvd).



Healthiest Babies Possible - Surrey/White Rock/Delta



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