

# BOUNDARY FAMILY SERVICES SOCIETY

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The Baby's Best Chance (BBC) program is a free prenatal and postnatal program serving the Boundary area from Christina Lake to Big White and Bridesville. As a federally funded (Public Health Agency of Canada) Canada Prenatal Nutrition Program that has been part of the community for over 25 years, we welcome all pregnant people throughout the Boundary region to join our program.

## **Baby's Best Chance offers:**

- Information, resources, and support through pregnancy and postpartum
- Breastfeeding/chestfeeding information and support
- Free prenatal supplements and infant vitamin D
- Grocery cards, gas vouchers, and farmer's market coupons for low-income families
- Library of resources on pregnancy, birth, and parenting
- Referrals and connection to additional supports and programming in the Boundary

**Individual support:** One to one support is offered in person, by phone, and virtually.

**Group Support:** a weekly drop-in group with a free light lunch and childcare. Group discussions may include:

- Nutrition and lifestyle during pregnancy, postpartum and for the family
- Preparation for labor and delivery
- Strategies and support for life with a baby
- Infant care including safe sleep
- Stages of infant/child development
- Parenting styles and strategies
- First aid, car seat safety and injury prevention

**MotherWise Groups:** for mothers looking to connect with other women for extra support for perinatal depression, anxiety, stress, and burnout.

**Cooking Clubs:** for those looking to learn meal preparation skills, learn more about food security, and to share recipes.

**Prenatal Classes:** offered as needed by a Lamaze Certified Childbirth Educator.

Families can learn more information about how we can support them on their parenting journey by calling 250-442-2267, visiting [www.boundaryfamily.org](http://www.boundaryfamily.org), or on Facebook @Boundary Family Services.

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