



Newborn New Life Program


Canadian Prenatal Nutrition Program

April, May & June 2019

FREE Programs
For parents with babies
0 - 12 months

To register please call: (506) 830-3600 or (506) 384-7874

natalie.leslie@frc-crf.com or moncton@frc-crf.com

 EarlyChildhoodPreandPostnatal

Programs	Date	Registration	Time	Location
Mother's Mental Health Toolkit Program	Monday, April 1 - May 27 3 (6 sessions over 9 weeks)	*full*	10:30-12:30	*location will vary*
Prenatal program	Tuesday, April 2 - May 14 (7 weeks)	*full*	6:30-8:30pm	86 Ste-Thérèse St. Dieppe
Meet and Greet	Monday, April 8	No registration required	10am-11am	86 Ste-Thérèse St.
Prenatal Nutrition	Tuesday, April 30	By April 23 rd	6:30-8:30pm	86 Ste-Thérèse St.
Prenatal Breastfeeding	Tuesday, May 7	By April 30 th	6:30-8:30pm	86 Ste-Thérèse St.
Baby Massage 	Tuesday, April 23-May 21	*full*	1:00-2:30pm	86 Ste-Thérèse St.
Baby Goose  (0-6m) (6-12 m)	Tuesday, April 23-June 11	By April 16 th	3-4pm	86 Ste-Thérèse St.
Introduction to Solids 	Wednesday, May 8	By May 1 st	10-11:30am	Atlantic Superstore Trinity Drive
Meet and Greet	Monday, May 13	No registration required	10am-11am	86 Ste-Thérèse St.
Prenatal FA & CPR / Car Seat Safety	Tuesday, May 14	May 7 th	6:30-8:30pm	86 Ste-Thérèse St.
Postnatal Wellness	May 15 th – June 19 (6 weeks)	May 8 th	10am-noon	117 Trinity Drive Hop, Skip, Jump
Prenatal program	Tuesday, May 21 -June 5 th (4 weeks)	By May 14 th	6:30-8:30pm	86 Ste-Thérèse St.
Baby Massage 	Tuesday, May 28 – June 25	May 21 st	1:00-2:30pm	86 Ste-Thérèse St.
Trip to the Zoo	Thursday, June 6	By May 31 st	10am	Magnetic Hill Zoo
Meet and Greet	Monday, June 10	No registration required	10am-11am	86 Ste-Thérèse St.
Baby Talk 	Friday, June 14	By June 7 th	1:30-3:30pm	86 Ste-Thérèse St.

More programs are offered at the main Centre location:

Clothing Swaps, Baby and Me Program, Car Seat Checks and much more!

www.frc-crfmoncton.com



Early Childhood Family Resource Centre of Westmorland-Albert Inc



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