





Newborn New Life Program

Canadian Prenatal Nutrition Program (CPNP)

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

 (506) 961-4963 or (506) 384-7874

 [EarlyChildhoodPreandPostnatal](https://www.facebook.com/EarlyChildhoodPreandPostnatal)

Free programs

March & April 2021

Programs	Date	Registration	Time	Location
BB & Me (Internationals Women's Day)	Monday, March 8	not required	1:30pm	Live on Facebook
Introduction to Handle with Care	Tuesday, March 9	By March 8	11am	Zoom
Baby Talk	Tuesday, March 9 & 16	by March 8	2pm	Zoom
Stress Less	Thursday, March 11	March 10	3pm-4pm	Zoom
Home Safety Information Session	Thursday, March 18	March 17	1:30pm	Zoom
Teen Prenatal	Friday, March 19	March 12	9am-3:30pm	TBA
Car Seat Information Session	Tuesday, March 23	March 22	1:30pm	Zoom
BB & Me (Welcome Spring)	Monday, March 22	not required	1:30	Live on Facebook
Intro to Solids	Thursday, March 25	March 22	1:30-2:30pm	Zoom
Nutrition (Mindful Eating)	Tuesday, March 30	March 29	10am	Zoom
BB & Me (Oral Health Month)	Monday, April 12	not required	1:30pm	Live on Facebook
Postnatal Wellness	Wednesday, April 14	April 7	1:30-3pm	Zoom
Mother's Mental Health Toolkit	Tuesday, April 20	April 13	1:30-3p,	In-person
BB & Me (Infant Car Seat Safety)	Monday, April 26	not required	1:30pm	Live on Facebook
Prenatal program	Tuesday, April 27 - May 25	By April 20	6:30-8:00pm	Zoom
Baby Goose	Thursday, April 29	April 22	9:30am	Zoom
Walking Group (Call for more info)	Thursday, April 15	April 12	10:30-11:30	Riverview
Walking Group (Call for more info)	Thursday, April 22	April 19	10:30-11:30	Salisbury
Walking Group (Call for more info)	Thursday, April 29	April 26	3pm-4pm	Moncton

All parents and guardians must be REGISTERED with our organization before participating in one of our programs.

* We wish to inform you that we are monitoring the pandemic situation closely. For your protection and that of our staff, we are following the instructions given by the Public Health Agency of Canada and the Office of the Chief Medical Officer of Health of New Brunswick. *

Changes to our schedule may occur at short notice!

www.frc-crfmoncton.com



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