



Applegrove's FREE Virtual Prenatal Program

Helping Our Babies Grow



WEEKLY WORKSHOPS & GROUP DISCUSSION

Mondays 5:30 – 7:30 pm
January/February 2025

January 6	January 13	January 20	January 27
Elaine Stretching & Moving	Sacha, TPH Nurse Newborn Care	Rebeca, TPH Dietitian The New Canada Food Guide	Emily Abrams Sleep Expert
February 3	February 10	February 17	February 24
Tamara, Seventh Generation Midwives	Sacha, TPH Nurse Nutrition and Breastfeeding	No Program Happy Family Day	Sue Promoting Infant Development

Are you pregnant? Looking for prenatal classes?

- Join Applegrove's FREE Prenatal Program; start when you are pregnant and stay until your baby is 6 months old.
- Meet other women who are pregnant or new moms to discuss the challenges and blessings of pregnancy and child-birth.
- Every Monday 5:30 – 7:30 p.m. currently we are virtual using ZOOM but will be in person soon. Every week we have a workshop and check in and chat. Email prenatal@applegrovecc.ca for more details and to get an intake form.

Online Grocery Card Eligibility and Criteria:

1. Must attend the workshop with the guest speaker on camera for the full presentation.
2. Grocery Gift Cards are an additional perk for the joining Applegrove's Prenatal Program, it's not a program requirement (it is your choice to follow the criteria to receive the gift cards).
3. No Shows/Absent from program: there is no rescheduling and you will not receive a gift card if you are not present at all or for the entire workshop.
4. If you have any questions contact prenatal@applegrovecc.ca or May Seto, Program Director mseto@applegrovecc.ca.