



WINTER '25 DROP IN SCHEDULE

Jan 9 - Yoga

Jan 16 - Communication within Relationships

Jan 23 - Neighbourhood Walk/Open Discussion

Jan 30 - Birth Control after Baby

Feb 6 - Free Swim in Fernie

Feb 13 - Managing Infant Choking/CPR

Feb 20 - Neighbourhood Walk/Open Discussion

Feb 27 - First Foods

March 6 - Body Mechanics/Pelvic Floor Function

March 13 - Free Swim in Fernie

March 20 - March Break - NO DROP IN

March 27 - Neighbourhood Walk/Open Discussion

Drop-ins: 1-3pm at Our Place-1592A-10th Ave - lunch provided

Walks: meet at 1pm at Our Place & walk (weather dependent) from 1:15-1:45

followed by snacks and tea at Our Place until 3pm

Swims: meet at Fernie Pool - timing TBA



Bellies to Babies is a free education and support program for pregnant, postpartum & newly parenting people and their infants.

We offer:

Drop-ins, outdoor socials, group walks & swims, providing a chance to connect and discuss a topic related to pregnancy/infants/parenting

Individual Services with a Registered Nurse/
International Board Certified Lactation Consultant:

- Prenatal Education
- Breastfeeding Support
- Infant Care/Safe Sleep/Purple Crying
- Postpartum Support
- Community Referrals (Dietitian, Public Health)

Individual Services with a Family Support Worker:

- Family Routines ie: bath, bed, play
- Self Care for Parents/Handling Stress
- Family Budgeting
- Safety
- Quality Childcare Resources

Free Prenatal Vitamins

Free Vitamin D Drops for Infants

Food Vouchers

Referrals and Support

All services are confidential

For More Information Contact:

Fernie Women's Resource Centre - 1592-10th Ave (Behind the Credit Union) 250 423 4687

Tel/Text: Sue Clarkson, Registered Nurse/Board Certified Lactation Consultant: 250 430 1048

Tel/Text: Jodie Parker, Family Support: 250 430 1045

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