First Time Parents Group

For parents with babies ages 0-6 months
Canadian Prenatal Nutrition Program (CPNP)

The First Time Parents Group is a 10-week, parenting support and educational program for first time parents and caregivers.

Come together and build a community!
Join us to talk about breastfeeding, introduction to solids, infant safety, sleep, and much more!

This program is funded by the Public Health Agency of Canada