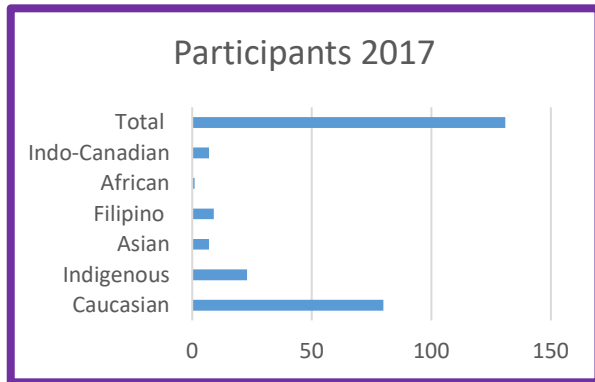


# Baby's Head Start

A free community which supports women during pregnancy and the early post-



## Services Offered 2019

Lunch and Learn 50

Sessions

Other groups 30

Sessions

(Pre-Natal, Infant  
Massage, Mother Goose)

Grocery Gift Cards

\$15,000+

(\$10 per week per  
participant)

## Breastfeeding

96% Initiate Breastfeeding

80% Continue at 3 months

60% Continued for 6

## Baby Birth Weight

93% of births were within healthy  
birth weight

## Community Partners

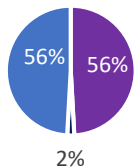
Interior Health, Family Tree

Resource Centre, BC

Farmers Market, CNR

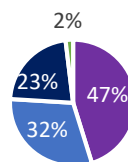
**Participant Feedback:** Letter from participant: "thank you for all the support and programs you offer new moms. As a mother who struggles with anxiety and depression I really appreciate having a safe and comfortable environment to come to once a week and meet new moms, discuss parenting and being educated on topics and sharing healthy meals together. BHS has given me the confidence to reach out, and the courage to be comfortable in a group setting

## Mental Health



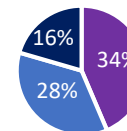
■ Anxiety ■ Bipolar ■ Depression

## Abuse



■ Emotional ■ Physical ■ Sexual ■ Financial

## Substance Use



■ Alcohol ■ Drugs ■ Smoking