

When:
Wednesdays
10:30-11:30am
Starts:
Sept. 15th, 2021

Where:
Carizon
645 Westmount
Road E., Kitchener
Lower Level
Community Room

Contact:
Judy at:
capc@carizon.ca
to register or for
more
information.

 400 Queen St. S, Kitchener
 519-743-6333
 www.carizon.ca

CARIZON
Inspiring Hope and Wellness in Our Community



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*



Funded by Kitchener Downtown UK and Region of Waterloo Public Health and Emergency Services



Region of Waterloo
PUBLIC HEALTH AND
EMERGENCY SERVICES