For families with children 0-6 years old

**BRIGHT START**

A community program for children and their caregivers to play, read, sing and eat together (1.5 - 2 hours)

**SUPPORTS AVAILABLE TO FAMILIES:**

- **Public Health Nurse support:**
  - Baby weight check
  - Breastfeeding
  - Immunization check

- **Primary Care**
  - Prenatal and postnatal care
  - Well-baby visits
  - Immunization

- **Dietitian support** *(Last Tues of the month & Thurs)*
  - How to start infants on solid foods
  - What to do with picky eating
  - Tips on good nutrition

- **Inkster Parent Child Coalition**
  - Parenting support
  - Parenting resources and programs

**TUESDAYS**
1:30pm - 3:30pm
Access NorWest
(785 Keewatin St)
Snack provided
end of program

**THURSDAYS**
9:30am - 11:30am
Weston Memorial
Community Centre
(1625 Logan Ave)
Breakfast
provided

**FRIDAYS**
9:30am - 11:30am
Gilbert Park Gym
(35 Gilbert Ave)
Supported by
Gilbert Park Resource Centre
Breakfast
provided

Like us on Facebook at **Inkster Parent Child Coalition: IPCC**
for the most up to date info on Bright Start and IPCC events