

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



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for the most up to date info on Bright Start and IPCC events