



Mothercare Group Walk!

If you are **pregnant** or have a little one under **9 months**, join us and get connected!

Older siblings welcome too.

Contact Barb Cyr for information:

barbcyr@nklcss.org or 250-505-5884

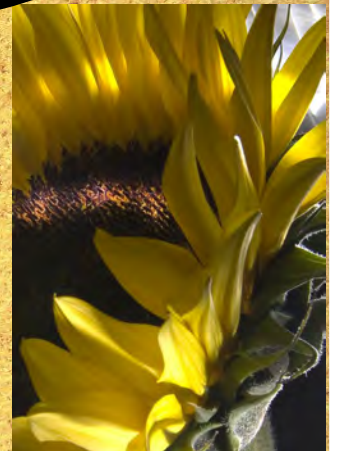


Wednesday, October 7th

10:00-11:30

Meet at Vimy park covered picnic area

Please RSVP before Sep 30th to be included in the lunch



Meet other parents with (or expecting) babies
Free take-home lunch provided
Access food vouchers, prenatal vitamins, referrals and support
Share your ideas for our program

Hand sanitizer will be available.
Physical distancing protocols in place.

