

Staff

About Prenatal Coordinator/ Nutritionist

Leanne Webb is our Prenatal Coordinator. Leanne has Doula training and experience teaching prenatal classes and supporting pregnant women. As a Nutritionist, Leanne brings over 10 years experience working in the areas of prenatal/baby nutrition, breastfeeding promotion and coordinating programs.

Leanne connects the prenatal program with supports in the community such as Public Health, South Shore Midwives, the South Shore Breastfeeding Network and the South Shore Family Resource Centre.

Early Childhood Educators:

Our Centre has two Early Childhood Educators who support the Prenatal and Baby Programs, Diane Webber and Karen Snair. Karen coordinates the Baby Group and is a Certified Car Seat Technician.

For More Information

Ask us for more information on other Programs offered at the Centre or see the Centre's Brochure for a full list of Programs and Services. See the New Ross Flyer for specific program dates and registration.

See Our Prenatal & Baby Resources Sheet for New Parents for more information on prenatal and baby programs and services.

Who We Are

About Us

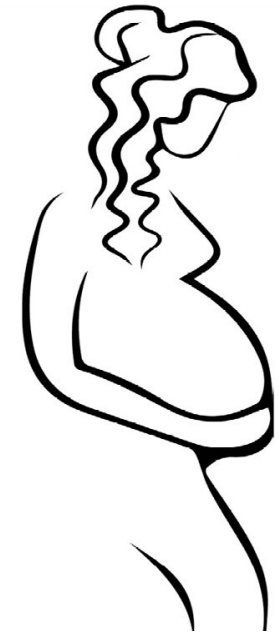
The New Ross Family Resource Centre strives to reach all members in our community, from the young to the young at heart. We are a non-profit facility responsible for bringing health and well-being programs to the residents of New Ross and surrounding areas. Our Goal is to make New Ross area a comfortable, well-serviced community with many of the amenities provided in larger areas.

Find Out More &/or Register:

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Tell us What you Think!

The Prenatal and Baby Programs are new at the Centre. If you have any ideas or suggestions for programs, please let us know.



NEW ROSS PRENATAL AND BABY PROGRAMS

Free!

New Ross Family Resource
Centre



About the Programs

The New Ross Family Resource Centre now offers a range of programs from pregnancy through to the teen years. The Prenatal and Baby Programs help support healthy moms, families and babies during pregnancy and during baby's first year.



Guiding Principles:

- Childbirth is a natural process, and an important healthy life event
- We aim to support families to make informed decisions for a healthy pregnancy, labour and delivery, and in caring for their baby
- We aim to help facilitate the journey of self-discovery as women get ready for childbirth
- We promote, support and protect breastfeeding
- Share up-to-date information, and information on supports and services for families
- Support healthy baby and child development

Prenatal/Baby Program

This program is tailored to your interests and needs. We offer a variety of topics including a healthy pregnancy, childbirth, breastfeeding and having a new baby. Through the program there will be discussions, and support along your new journey in a relaxed environment.

This program can include:

- One-on-one sessions at the Centre
- Home visits
- Small Group Sessions
- Support prenatally and after baby is born

Baby Group/Sessions

NEW!



We have recently started a baby group Thurs. mornings from 9:30-12 am. The first hour we join play group, and from 10:30-12 the baby group meets in the Multi-purpose room. This is a free, drop-in program. Pregnant women are encouraged to join us!

Play Group

We encourage pregnant women to come to play group. Program group is on Mon. and Thurs. mornings from 9:30 – 11:30. It is a free, drop-in program. This can help you get to know other families even before your baby is born!

Breastfeeding Support

Breastfeeding your baby is the healthiest and natural way to feed your baby. Even though it is natural, it is also a learning experience. Our programs aim to help support you along the way! We offer:

- One-on-one peer support
- Connect breastfeeding mothers with supports in the community



Car Seat Safety

Certified Car Seat Technician - Karen Snair, is able to do car seat safety checks, educate, support and guide parents with hands-on help for proper use of child safety seat and safety belts.

Nobody's Perfect

Nobody's perfect is a parenting program for parents with babies through to children age 7.

Healthy Lifestyles

- 4-week Cooking Classes offered in the Fall and Winter
- Fitness Centre – Downstairs at the Centre (Fee)
- Pilates (Friday mornings) (Fee)