

## Staff

### About Nutritionist/Prenatal Coordinator

Leanne Webb, BScAHN, P.Dt. is our Prenatal Coordinator. Leanne has Doula training and experience teaching prenatal classes and supporting pregnant women. As a Registered Dietitian/Nutritionist, Leanne has over 10 years experience working in the areas of prenatal/baby nutrition, breastfeeding promotion and coordinating programs. Other areas of expertise include public health, community development, food security and program development.

### Resource Centre Staff:

Diane Webber is the Resource Centre's Executive Director and Early Childhood Educator. Janice Cornelius is the Afterschool Program Coordinator.

## 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 throughout the year.

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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Facebook: [www.facebook.com/nrfrc](http://www.facebook.com/nrfrc)

Leanne's is typically in on Mondays, Wed. & Thurs. Feel free to drop by or set up a time to meet.

### Tell us What you Think!

If you have any ideas or suggestions for our programs, please let us know.

**Brochure Updated:** Aug 2019



## NEW ROSS PRENATAL AND BABY PROGRAMS

*Free!*

New Ross Family Resource  
Centre



## About the Programs

The New Ross Family Resource Centre 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



Baby group runs on Thurs. mornings, 10-11:30am every two weeks, when there is interest. This is a chance to connect with others moms and play with your baby, in a fun, safe space. Sometimes we bring in guest speakers for topics of interest to the group.

This is a free, drop-in program. Pregnant women are welcome to join as well! Child care may be offered for older children. Please contact us if you are interested in the program.

## Play Group

We encourage pregnant women and families with babies to join us at play group. Play group is on Mon. and Thur. morning from 9:30 – 11:30m and Mondays in the summer. It is a free, drop-in program for children birth to five.

## 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
- Referrals to the South Shore Breastfeeding Network 902-543-0856
- Promote and support breastfeeding in the community



## Nutrition & Healthy Lifestyles

- Programs on growing and preserving food, and cooking
- Bulk Buying Food Club for Families
- Community Kitchen (families cooking in large batches and sharing the food)
- Fun and Fitness & Fitness Classes offered periodically. See the New Ross Flyer