

# Nutritional Support

All of our clients receive a nutritious lunch when they come to group weekly, and a monthly grocery store gift card to assist in food security.

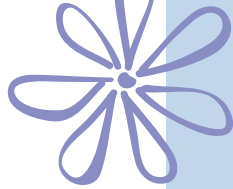
The Farmers' Market Nutrition Coupon Program: During summer months, participants are given coupons each week to purchase produce from local Farmer's Markets. The program is funded by the provincial government with the goal of supporting healthy eating initiatives and increasing food security for families.



Canada Prenatal Nutrition Program (CPNP)



Canac Community Action Program for Children (CAPC)



# Our Mission

Burnaby Family Life's mission is to deliver high quality services that meet the current and emerging needs of individuals, families and the community in all its diversity. We facilitate and empower collaborative community solutions to enable all to reach their full potential.

# Contact Us

Edmonds Resource Centre  
204-7355 Canada Way  
Burnaby, V3N 4Z6

Phone: 604-659-2225  
Fax: 604-524-4153  
[popoutreach@burnabyfamilylife.org](mailto:popoutreach@burnabyfamilylife.org)

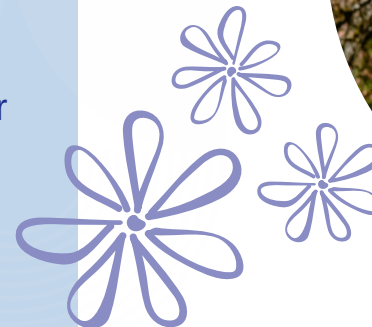
Please consider Burnaby Family Life for your next charitable donation. Your tax deductible gift can make a difference.  
[www.burnabyfamilylife.org](http://www.burnabyfamilylife.org)



BURNABY  
FAMILY LIFE  
A PLACE TO GO... A PLACE TO GROW!

# Pre & Post Natal Services

Providing ongoing, inclusive support for vulnerable pregnant and postpartum women to promote maximum health and wellness for mom & baby



# Goals

- Promoting physical & mental well-being
- Improving nutritional health
- Enhancing social & community connections
- Improving infant health
- Encouraging positive parent-child relationships

# Our Team

## OUTREACH WORKER

Identifies and connects clients with different community resources and services. Provides one to one support.

## SUPPORT & EDUCATION COORDINATOR

Leads educational sessions and introduces participants to community resources.

## DIETITIAN

Offers nutritional assessments, education and dietary support.



# Pregnancy Outreach

A weekly support group for women facing difficult life challenges. The group includes a nutritious lunch, one hour education session and the services of our team. Food coupons, vitamins and bus tickets are available. Childcare is provided for children over 18 months (limited spaces).

Tuesdays, 12:00pm-2:00pm  
Olivet Baptist Church  
613 Queens Avenue, New Westminster

Wednesdays, 11:45am-2:00pm  
Edmonds Resource Centre  
Rm 104-7355 Canada Way, Burnaby

*"I loved all info I got about a variety of topics. I definitely felt more prepared for the birth and taking care of baby. It was really nice to feel like a part of a community. It was also great to be able to reach out to someone with any questions I had."*



# Baby & Me

A weekly support group for women experiencing various life challenges with babies 0 to 6 months. This group includes a nutritious lunch, a one hour education session, and the services of our team. Food coupons and bus tickets are available. Childcare is provided for children over 18 months (limited spaces).

Tuesdays, 10:45am-12:45pm  
Olivet Baptist Church  
613 Queens Avenue, New Westminster

Thursdays, 11:45am-2:00pm Edmonds  
Resource Centre  
Rm 104-7355 Canada Way, Burnaby

*"This program gave me and my family lots of support through my pregnancy until our baby was 6 months old, the learning experience was amazing."*

