



Pregnancy Outreach Program

MARCH 2025

MONTHLY NEWSLETTER



Dear Pregnancy Outreach Program participants,

We have some wonderful guests coming to group this month (see poster for details). Please note BBB is closed during Spring Break on March 20th and 27th. After that, we will be open again on April 3rd!

Danielle LaRocque
Pregnancy Outreach Coordinator
Trail FAIR Society

Building Beautiful Babies Pregnancy Outreach Program

A program that provides supports, supplies, information, and resources for pregnant individuals and families with babies up to 12 months (siblings welcome)



Are you expecting?
Are you a new parent?

Join us for BBB group every Thursday 10:00am - 12:00pm, at the FAIR Family Center. Great conversations, snacks, tea & coffee are provided. For those unable to attend group, contact Danielle to access 1:1 supports and our monthly newsletter.

Location

FAIR Family Center
Trail United Church
1300 Pine Ave Trail



March



6th- Sally from the Family Action Network will be sharing information about the Common Access Card and reviewing completed applications!*

13th- Wendy from the Trail Health & Environment Program will be joining us today.

20th/27th- Group will be closed during spring break. We look forward to seeing you again on April 3rd!

*Contact POP Coordinator (info below) to learn more about the Common Access Card.

Pregnancy Outreach Coordinator

Danielle LaRocque
Trail FAIR Society
POP@trailfair.ca

call, text, leave a msg 250-231-0383

Movement for Mamas Strength & Stretch

Monday's

**March 10-
April 14**

When:

Monday's @ 3:15 – 4:15 PM

March 10, 17, 24

April 7, 14

Where:

Montrose Hall
490 9th Ave

What to bring:

Baby carrier

Water bottle

Yoga mat or blanket (we have
extra!)

Investment:

\$100 for 6 weeks

\$20 drop in

flexible payment options available please contact us

Join Abby for a 6 week fitness and yoga series designed for moms and their babies! This program focuses on postnatal movement and building a strong connection with your little one. Enjoy gentle exercises and yoga poses that are safe, fun, and engaging for both you and your baby.

EMAIL PAYMENT TO
absverigin@gmail.com
TO SAVE YOUR SPOT



Vegetarian Recipe

INSTANT POT VEGGIE CHILI



Obtained from [Well Plated by Erin](#).

SERVINGS: 6

PREP TIME: 15 MINS

COOK TIME: 35 MINS

INGREDIENTS

- 1 TBSP olive oil
- 1 medium yellow onion 1/4-inch diced
- 2 medium sweet potatoes peeled and 1/2-inch diced (about 4 generous cups)
- 2 medium red bell peppers 3/4-inch diced
- 4 cloves garlic minced
- 1 tablespoon chili powder
- 1 teaspoon chipotle chili powder
- 1 teaspoon ground cumin
- 1 1/4 teaspoons kosher salt
- 2 1/2 cups low-sodium vegetable broth
- 1 (8-ounce) can tomato sauce
- 1/2 cup uncooked quinoa
- 1 (15-ounce) can low-sodium black beans, rinsed and drained
- 1 (15-ounce) can red kidney beans, rinsed and drained
- 1/2 teaspoon granulated sugar

DIRECTIONS

1. To a 6-quart or large Instant Pot, add the olive oil. Turn to SAUTE and let the oil heat. Once the oil is hot, add the onion and cook until beginning to soften, about 3 minutes. Add the sweet potatoes, bell pepper, garlic, chili powder, chipotle chili powder, cumin, and kosher salt. Cook for 1 to 2 additional minutes, until the garlic is fragrant.
2. Add half of the vegetable broth and stir, scraping up any stuck-on bits of food (this will prevent a burn warning). Stir in the remaining broth and the quinoa. Pour the tomato sauce on top (do not stir again).
3. Cover and seal the Instant Pot. Cook on manual (HIGH) pressure for 8 minutes. Immediately release the pressure. Carefully open the Instant Pot.
4. Turn the Instant Pot to OFF. Stir in the black beans, kidney beans, and sugar. Place the lid back on top and let stand 10 minutes to thicken. Uncover. Taste and adjust seasoning as desired. Serve hot, with any and all the toppings!



Vegetarian Recipe

INSTANT POT CURRY WITH CHICKPEAS, TOMATOES AND SPINACH

Obtained from [The Foodie Eats](#).

SERVINGS: 3-4

PREP TIME: 5 MIN

COOK TIME: 20 MIN

INGREDIENTS

- *2 Tbsp. olive oil*
- *½ cup yellow onion diced*
- *1 ¼ tsp. sea salt divided*
- *1 Tbsp. fresh ginger grated*
- *1 Tbsp. garlic minced*
- *2 Tbsp. curry powder*
- *14.5 oz tomatoes fire-roasted, diced*
- *13.5 oz. coconut milk*
- *15.5 oz chickpeas drained*
- *8 oz. fresh baby spinach*

DIRECTIONS

1. Using sauté setting – add oil, onions, and ¼ teaspoon of salt and cook for about 3 minutes, until onions are soft and translucent. Then add ginger and continue cooking for another 3 minutes or so. Next, add garlic and cook for one minute more. Now Add curry powder and mix well, allowing to toast for about a minute.
2. Stir in tomatoes (using liquid to deglaze the bottom of pot), followed by chickpeas, coconut milk, and remaining salt. Mix well.
3. Lock lid and cook at high pressure for 5 minutes. Once cook time is complete, quick-release pressure.
4. Finally, add spinach and mix until fully wilted. Serve with rice or quinoa.

NOTES

Be sure to use the juice from the tomatoes to deglaze the bottom of the pot. The ginger may stick a little, which is okay, but gently scraping the pot with some liquid will help prevent any possible burn notices.

March Resource Highlights

The **Common Access Card Program** helps individuals and families whose combined net income is below the Statistics Canada low income thresholds. The program staff will also consider other indicators of need, so if you think you qualify, please use contact Heather. The Common Access Card can be used to obtain discounts for recreation and leisure programs in the City of Rossland, the City of Trail, or the Beaver Valley. **Sally from the Family Action Network will be attending Building Beautiful Babies on March 6th to review applications (with all supporting documents).** Contact Danielle if you would like a copy of the application to prepare/bring your completed application to group on March 6th.

KB Access Clinic is a medical clinic for patients who do not have a family practitioner. Currently, the program runs in Nelson, but the site says to stay tuned for upcoming sites in Trail and Castlegar!



Trail Safeway offers **Baby Be Healthy**, which is a free prenatal vitamin program for anyone who is pregnant/planning to get pregnant. Vitamins are provided for up to 2 years. Please note that this program is available for anyone, regardless of income level. Contact the Safeway Pharmacy department at (250)-368-3790 for further information.

Looking for child care options in the Greater Trail/Castlegar area? Sign up for the **Kootenay-Columbia Child Care Resources & Referrals** newsletter by emailing the CCRR team here.

Share this **Fathering Group** with dads in your life who may need some extra support. Group runs on Wednesdays (online via Zoom) at 7:30pm. Link to sign up is here.

The **Trail Area Health & Environment Program (THEP)** supports the community of Trail and surrounding areas to live, work and play in an area influenced by smelter air emissions for over 125 years. Wendy from THEP will be joining our group this month, and you can find more information about THEP on the website.

