



# Pregnancy Outreach Program

MAY 2025

MONTHLY NEWSLETTER



Dear Pregnancy Outreach Program participants,

I hope everyone is enjoying the spring season. This month, we have our Public Health Nurse and an Infant Development Consultant attending Building Beautiful Babies, as well as a Mother's Day celebration.

**Some changes to note:**

- 1) Group has two closures (May 8<sup>th</sup> and 29<sup>th</sup>) this month due to staff professional development and our upcoming car seat clinic, which will take place of group during the last week of May.
- 2) The weather is getting warmer. We will be running group outside at Gyro Park on May 15<sup>th</sup> and 22<sup>nd</sup>! Please dress you and your baby for the weather. We will meet near the playground if the weather is nice, or at the tables near the concession if it is raining.
- 3) If you are interested in attending the car seat clinic, please read on for more information.

Take care,

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 and other locations (see schedule for details). Great conversations, snacks, tea & coffee are provided.

## Location

FAIR Family Center  
Trail United Church  
1300 Pine Ave Trail



## May

1st- Public Health Nurse, Meghan, will be joining us today at the FAIR Family Center.

8th- No group due to Staff Professional Development.

15th- BBB @ the Park: Celebrate Mother's Day with us at Gyro Park!

22nd- BBB @ the Park: Kelsy, Infant Development Consultant from KFP, will be joining us today at Gyro Park.

29th- No group happening this Thursday. We will be running a car seat clinic on Monday, May 26<sup>th</sup> instead. Email Danielle to learn more!

Pregnancy Outreach Coordinator

Danielle LaRocque

Trail FAIR Society

POP@trailfair.ca

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

FAIR EARLY YEARS & POP PROGRAMS

# CAR SEAT CLINIC



PRE-REGISTRATION  
REQUIRED

MONDAY MAY 26TH, 2025

TO BOOK A TIME CONTACT DANIELLE:  
[POP@TRAILFAIR.CA](mailto:POP@TRAILFAIR.CA)  
250-231-0383



# TEDDY BEAR PICNIC

**GYRO PARK**

Join us for a day filled with children's activities,  
early years resources, prizes, fun and more, with  
your local early years service providers!  
Bring your picnic blankets, chairs and snacks!

**WEDNESDAY JUNE 11 2025**

**10:00AM - 12:00PM  
AT GYRO PARK IN TRAIL**



For more information  
contact Sophie at:  
[ssstreleoff@traifair.ca](mailto:ssstreleoff@traifair.ca)





# Movement for Mamas Strength & Stretch

**Monday's**

**April 28 -  
June 9  
(omit May 19)**

## **When:**

Monday's @ 3:15 – 4:15 PM  
April 28  
May 5, 12, 26  
June 2, 9

## **Where:**

Montrose Hall  
490 9th Ave

## **What to bring:**

Baby carrier or stroller  
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. When the weather is nice, we will try to move our bodies outdoors around the hall.

**EMAIL PAYMENT TO  
[absverigin@gmail.com](mailto:absverigin@gmail.com)  
TO SAVE YOUR SPOT**

Mondays  
1:30-2:30/3pm  
Kiro Wellness Center  
(Rm 228)



# Baby Talk

Supporting parents during the first year

**DROP INS  
WELCOME !**

Infants 0-12 months  
and their parent(s)  
Light Snack provided

*\*Childminding NOT  
available for older  
siblings*

Topics will be  
presented by a  
Public Health  
Nurse or Guest  
Speaker

*Some dates may be  
subject to change due  
to scheduling of guest  
speakers*

Topics	Dates
 Physical Growth and Development	April 7
 Sex after Baby and Pelvic Floor Health w/ Laurie - Physiotherapist	April 14
 Common Health Concerns in the 1st year When to go to the ER w/ Emily - RN	April 28
 Postpartum Wellness & Self Care w/ Abby Verigin C-IAYT Yoga Therapist	May 5
 Starting Solids w/ Cecilee RN & Meghan RN	May 12
 Sleep like a Baby w/ Angela - Infant Development Program	May 26
 Healthy Smiles w/ Mandy - Lift the Lip Dental Hygienist	June 2
 Baby Massage	June 9
 Be Present Not Perfect Social Emotional Development w/ Angela - Infant Development Program	June 16
 Bumps & Bruises - Injury Prevention / Safety	June 30
 Speech & Language Development w/ Jennifer - Speech & Language Pathologist	July 7
 Lean on Me - Partners, Fathers and Supporters Babies & Relationships	July 14



**No registration required**  
Trail Public Health 250.364.6226

# Sensory-Friendly Swim

Tuesday May 6  
10:30 - 11:45 a.m.

Trail Aquatic and Leisure Centre  
regular fees apply



**no music**



**no loud pool  
features**



Questions? Call 250-364-0888



Vegetarian Recipe

# INSTANT POT VEGETARIAN TACO SOUP



Obtained from [Piping Pot Curry](#).

SERVINGS: 6

PREP TIME: 5 MINS

COOK TIME: 30 MINS

## INGREDIENTS

1 tablespoon Olive Oil

1 cup Yellow onion, diced

3 cloves Garlic, minced

1 can Diced Tomatoes, 14.5oz

1 can Black beans, rinsed and drained,  
about 1.25 cups

1.5 cup Corn, frozen

1 cup Red Bell Pepper, diced

1 cup Green Bell Pepper, diced

1 Jalapeno, finely diced

3 tablespoon Taco seasoning

1/2 teaspoon Salt, adjust to taste

2.5 cup Vegetable Broth

### Garnishes:

1/4 cup Cilantro leaves, chopped

Sour cream

Shredded cheese

Tortilla chips

Cooked chorizo sausage

Whatever your family enjoys!

## DIRECTIONS

1. Add all the ingredients to your pressure cooker in this order: oil, onion, garlic, tomatoes, black beans, corn, red bell peppers, green bell peppers, jalapeño, taco seasoning, salt, and vegetable broth. Do not stir.
2. Close lid with vent in sealing position. Set on pressure cook mode for 6 minutes at high pressure.
3. When the pressure cooker beeps, let the pressure release naturally (NPR). Open the lid. Taste and adjust salt if needed. Garnish with cilantro leaves.
4. Serve with any of the optional toppings you like!

