



Pregnancy Outreach Program

JUNE 2025

MONTHLY NEWSLETTER



Dear Pregnancy Outreach Program participants,

Thank you to those of you who have participated in Building Beautiful Babies throughout 2024-2025. I have had a meaningful first year as Coordinator, and working alongside our BBB families is what makes my job so special! Thank you for the wisdom, stories, vulnerability, and connections you have brought to group and 1:1 work with me. I appreciate each and every one of you.

This month, we have two special guests at group: Meghan, our Public Health Nurse from IH, and Erin, a Dietician from Kootenay Boundary Primary Care. We will also be attending two community events: the Teddy Bear Picnic in Trail, and the Beaver Valley Adventure Picnic at Haines Park in Fruitvale. Please see the poster below for details on dates, times, and locations for group this month.

Our final group (and wrap-up celebration) for the year will take place on June 26th at the Family Center. On this day, I will be handing out graduation bags for folks who are aging out of our program this summer (babies turning 1 year old), baby baskets for folks expecting babies in the summer, and 'farewell for summer' bags for everyone else. If families could please let me know if they intend on coming to our final session on June 26th, this will help me prepare and make sure everyone goes home with something! If we don't see you in June, we look forward to seeing you again when our program reopens in September 2025. Please let me know if you have questions, and take good 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?

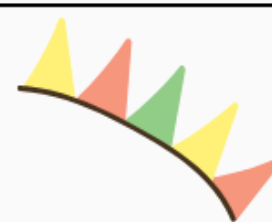
Join us for BBB group every Thursday 10:00am - 12:00pm, at the FAIR Family Center and other locations (see schedule for details). Great conversations, snacks, tea & coffee are provided.

Location

FAIR Family Center
Trail United Church
1300 Pine Ave Trail



June



5th- Public Health Nurse, Meghan, will be joining us today at the FAIR Family Center.

Monday, June 9th- Join us at the Beaver Valley Adventure Picnic from 10am-12:30pm at the Pavilion at Haines Park.

Wednesday, June 11th- Join us at the Teddy Bear Picnic from 10am-12pm at Gyro Park! No group on Thursday the 12th.

19th- BBB @ the Park: Erin, Dietician from KB Primary Care, will be joining us at Gyro.

26th- Join us for a wrap-up celebration at the FAIR Family Center. Please note that Pregnancy Outreach closes over the summer and will resume in September.

Pregnancy Outreach Coordinator
Danielle LaRocque, Trail FAIR Society
POP@trailfair.ca
call, text, leave a msg 250-231-0383

BEAVER VALLEY ADVENTURE PICNIC

MONDAY, JUNE 9, 2025

10:00AM-12:30PM

FRUITVALE MEMORIAL PARK

The Adventure Picnic is a fun FREE event for children ages 0-6, their caregivers and families. Join community service providers for activities, crafts, information, and lunch.



Regional District of
Kootenay Boundary

Brought to you by:

Beaver Valley
Recreation



Beaver Valley Public Library



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



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

