



Bright Beginnings

Equip and empower parents or parents-to-be with confidence, skills and a supportive network.



Who can participate in Bright Beginnings classes?

- Pregnant women
- Mothers of children under 1 year old
- Fathers of children under 1 year old

What do I do each week?

Each weekly session will include an educational video followed by discussion of the video with a coach virtually or in-person. Sessions take approximately an hour.

When are the sessions offered?

Classes are offered any day of the week that matches you and your coach's availability. Everything is available virtually. Contact Obria for further information.

Why sign up for Bright Beginnings?

**EARN
\$15
PER CLASS**

Bright Beginnings sessions offer **instruction and support on a wide variety of topics** that will be beneficial to new parents and parents-to-be. **Each session completed will earn you \$15 credit towards supplies for your baby**, such as clothes, diapers, wipes, formula, baby food, blankets, and more!

Classes Offered

- Pregnancy & Birth
- Infant Care
- Being a Father
- Budgeting
- Many More!

obria

MEDICAL
CLINICS



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