

## Mompreneur Making Connections

By Carol McBee

New moms need all the support they can get! Alberta Health Services offers a wonderful program called the New Moms Network, which has been a fantastic program for many new moms throughout the city. The programs that were run out of the Health Centres were constantly full, leaving many moms without the opportunity to get involved in the nurse-led six week program. Carol McBee heard about the program through a few of her friends, and when she received a leaflet at the hospital the day after having her first daughter, she called immediately (from the hospital!) to register. Luckily, there had been a cancellation, and Carol secured the last spot in the program. Those six weeks were priceless; not only did Carol get practice with the new and very confusing car seat, as well as packing the diaper bag for an outing with a newborn, she met great new friends that were all going through similar trials and tribulations of motherhood. One year later, the moms still get together for play dates, lunches, dinners and drinks.

After recommending the program to so many other new moms, Carol began to hear feedback that the sessions were constantly full and it was temporarily being suspended due to H1N1. This program was too beneficial not to continue! After contacting numerous moms that had been

through the program, Carol took the strengths and weaknesses and created a new program called Mommy Connections, which began its first program in Riverbend this past January. Starting this Spring, there will be 5 programs in the Edmonton region, including a West End program scheduled to commence May 4, 2010 at the West Edmonton Christian Assembly.

Typical topics include post-natal fitness, baby massage, baby dental concerns, car seat safety, meal planning, returning to work and childcare, plus fun classes and groups for mommy and baby such as Modern Mama, Momstown, Salsa Babies, Mom and Baby Yoga and more! After learning from the expert speaker, the moms and babies have time to visit and at the end of the program, they leave with their own neighbourhood group for future meet-ups. Local businesses are showing their support by participating in creating great swag bags with discounts, coupons and offers to help new moms! The privately run six week program was created by a new mom, for new moms and will run five times a year: January, March, May, September and November.

For more information visit  
[www.mommyconnections.ca](http://www.mommyconnections.ca)

Callinwood/Lymburn, Willowby & Lessard Community Leagues and Wedgewood Areas

# West End Community News

March/April 2010

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Since April 2004