

empower **u!**

FREE & CONFIDENTIAL



*The Journey to Becoming
a Confident Parent*

plus one
PREGNANCY GUIDANCE CENTER

do **u** know...

- how to care for your newborn?
- if your home is safe for your baby?
- how to care for your toddler?
- of the support opportunities in the community?

empower **u!** program can help
you find the answers

Program designed to provide peer support and education on baby care and parenting techniques while allowing you to earn the things your baby needs at the PlusOne Baby Boutique. Topics covered include home safety, milestones, growth and development, nutrition, etc. Learn to parent with love and confidence!

There is nothing to **lose**,
and so much to **gain!**