



CHILD NUTRITION EDUCATION AND SUPPORT



Baby's First Foods: Feeding Support Group (6–12 Months)

*Virtual sessions are offered on the 1st
Thursday of every month at 10 a.m.*

Feeding Your Growing Toddlers: Mealtime Tips for Toddlers

*Virtual Sessions are offered on the 1st
Thursday of every month at 1 p.m.*

Registration Required.
Email mkhhgroups@kchc.ca
or scan the QR code.



Midtown Kingston Health Home
A part of Kingston Community Health Centres (KCHC)

Maison de santé de Midtown Kingston
Un site des Centres de santé communautaire de Kingston

