

Registration is Easy!

Just return your completed registration form on-line
or deliver to your local public health unit or hospital
maternity clinic in person, by mail or fax.



Local Public Health Units

Abbotsford #104 34194 Marshall Rd
604.864.3400 | f 604.864.3410

Agassiz 7243 Pioneer Ave
604.793.7160 | f 604.796.8587

Burnaby #300 4946 Canada Way
604.918.7605 | f 604.918.7630

Chilliwack 45470 Menholm Rd
604.702.4900 | f 604.702.4901

Delta – North 11245 84 Ave
604.507.5400 | f 604.507.4617

Delta – South 4470 Clarence Taylor Cres
604.952.3550 | f 604.946.6953

Hope 444 Park St
604.860.7630 | f 604.869.2332

Langley 20389 Fraser Hwy
604.539.2900 | f 604.514.8036

Maple Ridge #400 22470 Dewdney Trunk Rd
604.476.7000 | f 604.476.7077

Mission 1st Floor, 7298 Hurd St
604.814.5500 | f 604.814.5517

New Westminster #218 610 Sixth St
604.777.6740 | f 604.525.0878

Surrey – Cloverdale #205 17700 56 Ave
604.575.5100 | f 604.574.3738

Surrey – Guildford 10233 153 St
604.587.4750 | f 604.587.4777

Surrey – Newton #200 7337 137 St
604.592.2000 | f 604.501.4814

Surrey – North 10362 King George Blvd
604.587.7900 | f 604.582.4811

Tri-Cities – Port Coquitlam 2266 Wilson Ave
604.777.8700 | f 604.941.2409

Tri-Cities – Port Moody/Coquitlam
#200 205 Newport Dr
604.949.7200 | f 604.949.7211

White Rock/South Surrey 15476 Vine Ave
604.542.4000 | f 604.542.4009

www.fraserhealth.ca



Best for a healthy future
BEGINNINGS
• A Public Health Program •

(Registration Form)

Registration for Best Beginnings is Easy!

All pregnant women who live in Fraser Health are encouraged to
register for the Best Beginnings program early in pregnancy.

How do I register for Best Beginnings?

1

Just go to the Fraser Health Best Beginnings website at
bestbeginnings.fraserhealth.ca and complete and submit
the easy-to-use registration form.

OR

2

Complete this paper registration form and return to your
local health unit or hospital maternity clinic
(see Health Unit contact information on back page).

What happens after I register?

- The information you provide on the registration form becomes part of your confidential medical record.
- Your completed registration form will be reviewed by a public health nurse.
- You will receive a helpful information package in the mail.
- Some women will receive a call from a public health nurse to connect them with helpful resources and supports.

If you have any questions please contact your local Public Health Unit (see phone numbers on back page) or go to our website at bestbeginnings.fraserhealth.ca

