



You and Your Baby

A 6-week post-natal group for the birthing parent and baby (0 to 1 year old).

Birthing parents and their babies (birth to 1 year) are invited to join a group to share your experiences and ask questions. Relax with your baby in a supportive and cozy space enjoying snacks, tea and coffee.

Common topics include:

- Postpartum challenges
- Adjusting to parenting
- Self-care
- Sleep
- Feeding
- Your birthing experience

For more information call 867-332-5990 or email familyprogs@partnersforchildren.info