



Please join us at

# Family Place

120 Park Drive

**Mondays 10:30-12:00**

## Baby Talk

Ask questions & discuss ideas

September 19	First Foods: Infant Feeding
October 3	Parent Wellness
October 24	Dental expertise
November 7	Sleep, naps, nightmares
November 21	Immunizations
December 5	Communicable diseases

Presented by Chris Smart, Public Health Nurse

## Mamma's Milk

A breastfeeding group for Mom's

September 26	Nursing your newborn
October 17	Is it what you expected?
October 31	Trusting Your Instincts
November 14	Finding Your Comfort Level
November 28	Homeopathic Support
December 12	Exploring the benefits

Facilitated by Vanessa (Doula/Mother) & Jacque (RN/Mother)

For more information please call Family Place

(250) 537-9176

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