



Baby Talk

A FREE group for parents/caregivers with babies 0-12 months.
Topics are presented by a Public Health Nurse or Guest Speaker.

Day:
Wednesdays

Time:
1:30-2:30pm

Location:
22 12th Ave N
Cranbrook
(Bellies to Babies space)

Please note there
will be no childcare

Topic	Date
1. Dressing Baby for Winter	November 8
2. Resilience and Self Care	November 15
3. Growth and Development	November 22
4. Healthy Babies: Common Concerns Within the First Year	November 29
5. Be Present Not Perfect: Social Emotional Development	December 6
6. Safer Sleep	December 13
7. Starting Solids	December 20
8. Speech and Language Development	January 3
9. Postpartum Sexual Health	January 10
10. Healthy Smiles	January 17
11. Lean On Me: Partners, Fathers, and Supports	January 24
12. Injury Prevention	January 31

No registration required | Drop ins welcome
For more info contact Cranbrook Public Health (250) 420-2207