



# Baby Talk

A free drop-in group for parents-to-be and parents/caregivers with babies 0-12 months.

Day:  
Wednesdays

Time:  
1:30-2:30pm

Location:  
22 12<sup>th</sup> Ave N  
Cranbrook  
(Bellies to Babies space)

No childminding  
available.

Topics presented by  
a Public Health  
Nurse or Guest  
Speaker.

Topic	Date
Growth and Development	January 15
Starting Solids	January 22
Safer Sleep	January 29
Speech and Language Development	February 5
Healthy Babies: Common Concerns Within the First Year	February 12
Be Present Not Perfect: Social Emotional Development	February 19
Community Resources for Families	February 26
Injury Prevention	March 5
Healthy Smiles	March 12
Postpartum Sexual Health	March 19
Weight and See: Drop-In Weight Check	March 26
Resilience and Self Care	April 2

No registration required

For more info contact Cranbrook Public Health (250) 420-2207