



Looking for Support with Your Baby?

**Tuesdays
2pm-3pm**

Nelson Health Centre
2nd Floor, 333 Victoria St
Nelson, BC

Dates

1. Oct 8 2024
2. Oct 15 2024
3. Oct 22 2024
4. Oct 29 2024
5. Nov 5 2024
6. Nov 19 2024
7. Nov 26 2024
8. Dec 3 2024
9. Dec 10 2024

Topics

1. Be Present Not Perfect
2. Physical Growth and Development: with a Physiotherapist
3. Social Emotional Development
4. Postpartum Wellness and Self Care
5. Sleep Like a Baby
6. Injury Prevention
7. Starting Solids: with an Occupational Therapist
8. Communication Development: with a Speech and Language Pathologist
9. Healthy Smiles: with a Dental Hygienist

**Infants 0-12 Months
Welcome with their
Parent**



No registration required
Nelson Health Unit: 250-505-7200