



Looking for Support with Your Baby?

Wednesdays
2pm-3pm

**Nelson Community Health
Services Centre**
2nd Floor, 902 11 St,
Nelson, BC

Infants 0-12 Months
Welcome with their Parent

*Tea and Snacks Provided

Date	Topic
Oct 22, 2025	Physical Growth and Development: with a Physiotherapist
Oct 29, 2025	Communication Development: with a Speech and Language Pathologist
Nov 5, 2025	Childcare & Navigating Healthcare Systems: with Resource and Referral Worker
Nov 12, 2025	Safer Sleep
Nov 19, 2025	Starting Solids
Nov 26, 2025	Pelvic Floor Health with a Pelvic Floor Physiotherapist
Dec 3, 2025	Car Seat Safety: with a Child Car Seat Technician
Dec 10, 2025	Healthy Smiles: with a Dental Hygienist



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