

## Baby Talk

**851 16<sup>th</sup> Street NE Salmon Arm Health Centre**

**Phone # 250 833 4101**

**Wednesday 1:30 – 3:00 pm**

**January 14, 2026 – Driving to Daycare**

**January 21, 2026 – Feed Me, I'm Yours**

**January 28, 2026 – Breastfeeding**

**February 4, 2026 – Dental**

**February 11, 2026 – Early Communication**

**February 18, 2026 – Taking Care of Mom**

**February 25, 2026 – Weight & See**

**March 4, 2026 – Story Time**

**March 11, 2026 – Infant Massage**

**March 18, 2026 – Infant Massage**

**March 25, 2026 – Let's Get Creative**

**January 14/26 – All about Car Seats – Meagan Hislop  
PHN**

**January 21/26 – Introduction to solids – Rhonda  
Stepanenko PHN**

**January 28/26 – Breastfeeding – Holly Overgaard PHN**

**February 4/26 – Taking care of Baby's oral health –  
Robyn Couch**

**February 11/26 – Early Communication with SLP Bonnie  
Johnson**

**February 18/26 – Physiotherapist Jill Nahm**

**February 25/26 – Weight & See**

**March 4/26 – Story Time – Children's Librarian  
Ardie Burnham**

**March 11/26 – Infant Massage with Susie Sayers**

**March 18/26 – Infant Massage with Susie Sayers**

**March 25/26 – Let's get creative – Art with  
Elizabeth Pattie.**