



# BABY TALK

A FREE group for parents / caregivers with babies 0-12 months & expecting families!

**Day:**  
**Tuesdays**

**Time:**  
**1:30 - 3:00**

**Location:**  
**1500 Columbia Ave.**  
**Trail**  
**Kiro Wellness Centre**



Date	Topic
April 7	Starting Solids
April 14	Infant Sleep
April 21	Postpartum Hormones & Fertility
April 28	Infant Safety / Travelling with Baby
May 5	Healthy Smiles
May 12	Infant Massage
May 19	How to navigate relationships after baby / dealing with the mental load
May 26	Your babies Hearing Health

No registration required | Drop ins welcome | Light snack provided  
For more info contact **Trail Public Health (250) 364-6226**