



The Baby Chat Café, a great place to meet other parents, takes place in the Wellness Centre



Centre  
Wellness

## How to get here

The Baby Chat Café takes place at community Wellness Centre in the Jeffery Hale pavilion, 1270 chemin Sainte-Foy in Québec. Parking is free only for those taking part in group activities.

By bus, you can take the #807 along chemin Sainte-Foy, or the #800 or 801 on Boulevard René-Lévesque, and then walk down Avenue Holland. Please tell us if getting to Baby Chat Café activity is a problem for you.



For more details, please visit [wejh.ca](http://wejh.ca) or call: 418 684-5333, ext. 1580

## A Community of Care

The community Wellness Centre, run by Jeffery Hale Community Partners, promotes the well-being of English speakers living in the Quebec City region:

- SNACS Special Needs
- Spotlight on Seniors
- The Caring Circle
- Toddler Talk

Jeffery Hale Pavilion  
1270, chemin Sainte-Foy  
Québec QC G1S 2M4



» **418 684-5333**

1 888 984-5333 toll-free

Jeffery Hale – Saint Brigid’s is there for you! Bilingual health and social services:

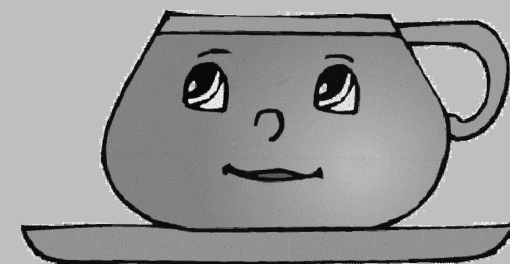
- Emergency Room
- Diagnostic Services
- Senior Care
- Community Services
  - CLSC-type services in English
  - Requests for Saint Brigid’s Home



Jeffery Hale Hospital  
1250, chemin Sainte-Foy  
Québec QC G1S 2M6



## Baby Chat Café



**for parents of  
babies under  
one year of age**





## What is Baby Chat Café?

## Latest schedule - Guest speakers subject to change

- \* A great chance to meet and chat with other parents of babies under one year of age
- \* Guest speakers on subjects of interest to new parents
- \* You do not have to register to participate and it is free of charge
- \* Expectant parents also welcome
- \* Scale available to weigh your baby

**Where:** Community Wellness Centre in the Jeffery Hale Pavilion, 1270 chemin Sainte-Foy Québec, room 1135

**When:** Monthly Tuesday afternoons from 1:15 to 3:15 p.m.

Baby Chat Café is open to English-speaking parents with babies under one year of age.

**Tuesdays once a month from 1:15 - 3:15 p.m.**

### 2017

September 12	YOU'RE NOT ALONE – When the Baby Blues Don't Go Away with Dana Hey
October 17	Communicating With Baby with Kristy Findlay, Speech Pathologist
November 14	Everything You Need to Know About Cloth Diapers with Mary Hansen
December	Cancelled

### 2018

January 16	Introducing Books to Baby with Kristy Findlay, Speech Pathologist
February 13	Language Development with Marilyn Baxter, Social Worker
March 13	Poison Prevention with Veronique Lavertu, RN from Centre Anti-poison Québec
April 10	Taking Care of Baby's Teeth with Dr. Hernandez DMD
May 15	Exploring Baby Wraps with Shelley Dupuis

