



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:

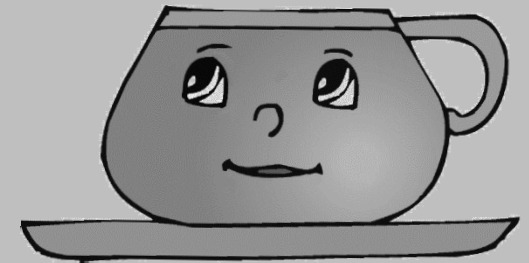
- Emergency Room
- Diagnostic Services
- Senior Care
- Community Services
  - CLSC-type services in English
  - Requests for Saint Brigid’s Home



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 Make Your Own Baby Food
- 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 Nurse 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

