



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 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 Caregivers' Circle
- Family Matters

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:

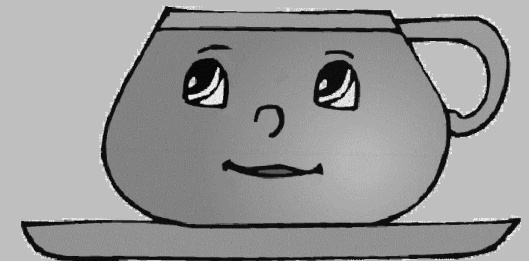
- Emergency Room
- Diagnostic Services
- Senior Care
- Community Services
 - CLSC-type services in English
 - Requests for Saint Brigid's Home



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.

2018

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| June 5 | Baby Obstacle Course with Alexandra Hartley, Project Coordinator |
| July 17 | Progressing Baby to Table Foods |
| September 11 | Everything You Always Wanted to know about Quebec's Breastmilk Bank with Brigitte Bernier, Donor Recruitment Counselor, HemaQuébec |
| October 16 | Keep Calm and Study On! with Michelle Osbourne, Community Project Coordinator, Community Learning In Action (CLIA) |
| November 13 | Learn more about: Service de Référence (et accompagnement) en Périnatalité pour les femmes Immigrantes de Québec |

2019

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|------------|---|
| January 8 | Conversation over Hot Chocolate |
| February 5 | When to call 811? with Info Santé Nurse |
| March 12 | Parents Exchange |
| April 16 | Signing with Baby to Enhance Language Development with Kristy Finlay, Speech Pathologist |
| May 14 | Stem Cells, Cord Blood and Breastmilk Donations – Learn More with Brigitte Bernier, Donor Recruitment Counselor, HemaQuébec |

