



Hey, there's
free parking!

Baby Chat Afternoons

For parents of babies under one year of age

A great chance to meet and chat with other English-speaking 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

When: Monthly, Tuesdays
from 1:15 to 3:15pm

Guest speakers subject to change

2019

Aug 20:	Sleep like a Baby: Share Your Nap and Bedtime Strategies
Sept 3:	Pelvic Floor Exercise Advice from a Physiotherapist
Oct 1:	Yoga Workout with Baby
Nov 5:	Handling Your Baby's Fever
Dec 10:	The Importance of Story time and Nursery Rhymes

2020

Jan 14:	Let's Talk: When the Baby Blues Won't go Away
Feb 11:	Coffee & Conversation
Mar 10:	Baby's First Tooth: Teething Strategies
April 7:	Tisane and Parent Talk
May 12:	Communicating with Baby