



Hey, there's
free parking!

Baby Chat Café

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 9:30 to 11:30am

Guest speakers subject to change

2019

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| 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

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| Jan 14: | Let's Talk: When the Baby Blues Won't go Away |
| Feb 11: | Coffee & Conversation |
| Mar 10: | Cancelled |
| April 7: | Understanding the Quebec Day Care System |
| May 12: | Communicating with Baby |