

July 2022 Remote Parent-Baby Groups

For parents with babies ages 0—15 months



Congratulations, you just had a baby!

The next step ... attend our live, **Remote** Parent-Baby Group!

We invite you and your baby to join us **VIRTUALLY** in a friendly, supportive and educational environment. Our popular Parent-Baby Groups bring families together from all over the community to learn about parenting and celebrate the milestones, joys and challenges of new babies.

Remote Groups:

No Classes July 6 & 7, 2022. Happy Independence Day!

0-3 months

Wednesdays
12 (noon) – 2 p.m.

3-6 months

Wednesdays
10 – 11:30 a.m.

6-15 months

Thursdays
10 a.m. – 12 (noon)

**Times subject to change*

July Topics & Discussions Include:

Sleep	Postpartum Recovery, Contraception & Intimacy
Infant Vision Care	Let's Chat: Questions, Concerns & Celebrations
Feeding Your Baby	Developmental Stages
Summer Family Fun	

Occasionally, we will have a pop-in guest speaker.

Registration & Pricing Information:

Please call the Healthline at 425.899.3000, Monday - Friday, 7 a.m. - 7 p.m. for registration and pricing.

Once registered:

- Email parentbaby@evergreenhealth.com to get remote access.
- Subject line: Remote Parent-Baby - Wednesday or Thursday (pick one)
- If you can't make the day for your age group, you are welcome to join us the other day, just let us know your plans.
- Include your name, baby's name, baby's age and questions for the class.
- We will send you an access link before class starts.

Class Times:

0-3 months group is FREE

Our gift to all new parents, regardless of where your baby was born

Wednesdays
12 (noon) – 2 p.m.

Please call the Healthline at 425.899.3000 for pricing for the groups listed below.

3-6 months

Wednesdays
10 – 11:30 a.m.

6-15 months

Thursdays
10 a.m. – 12 p.m. (noon)

Location:

Thank you for joining us virtually. Groups meet weekly on Microsoft Teams. There will be no in-person Parent-Baby groups held in July.

