

Parent-Baby Groups

For babies ages 0-15 months



August 2018

Note: Speakers subject to change

Tuesday	Wednesday	Thursday
<p>7/31</p> <p>Wearing Your Baby <i>Bring carriers to class</i></p>	<p>1</p> <p><u>3-6 months</u> Babies & Music <i>Breanna Hanson</i></p> <p><u>0-3 months</u> Wearing Your Baby <i>Bring carriers to class</i></p>	<p>2</p> <p>Babies & Music <i>Breanna Hanson</i></p>
<p>7</p> <p>Best Bets for Babies</p>	<p>8</p> <p>Best Bets for Babies</p>	<p>9</p> <p>Emotion Coaching <i>Deborah Sleeman</i></p>
<p>14</p> <p>Infant Massage <i>Audra Richardson, LMP, CIMI</i></p> <p><i>2:30 p.m. Pattycake Prints</i></p>	<p>15</p> <p>Infant Massage <i>Audra Richardson, LMP, CIMI</i></p> <p><i>2:30 p.m. Pattycake Prints</i></p>	<p>16</p> <p><u>9-15 months</u> Babies & Language Acquisition <i>with Natsumi</i></p> <p><u>6-9 months</u> Wearing Your Growing Baby <i>Bring carriers to class</i></p>
<p>21</p> <p>Postpartum Adjustment</p>	<p>22</p> <p>Postpartum Adjustment</p>	<p>23</p> <p><u>9-15 months</u> Toddler Groups <i>Kris Anderson</i></p> <p><u>6-9 months</u> Postpartum Adjustment</p>
<p>28</p> <p>Infant Eye Care <i>Dr. Tracy Lin</i></p>	<p>29</p> <p><u>3-6 months</u> Developmental Stages</p> <p><u>0-3 months</u> Infant Eye Care <i>Dr. Katherine Shen</i></p>	<p>30</p> <p>Developmental Stages</p>

0-3 months

Tuesdays & Wednesdays
12:30-2:30 p.m.

3-6 months

Wednesdays
9:30-11:30 a.m.

6-9 months

Thursdays
12:30-2:30 p.m.

9-12 months

Thursdays
9:30-11:30 a.m.

12-15 months

Thursdays
9:30-11:30 a.m.

Location

Evergreen Surgery
and Physician's Building
Rooms Tan 1-140 & 1-142
12333 NE 130th Lane
Kirkland, WA 98034

Registration

For registration and directions
call 425.899.3000
Monday - Friday, 7 a.m. - 7 p.m.

Parking

Free parking is available
in the Central Parking garage.

Are You Or Your Baby Sick? Please stay home & take care of yourselves until you are well.

Parent-Baby Staff & Contact Information

Facebook: Evergreen Parent Baby Class Website: evergreenhealth.com/parent-baby

Lead Instructor

Tracy Van Den Boomen
425.899.2652
tvandenboomen@evergreenhealth.com

Instructors

Christine Muenz
Deborah Sleeman
parentbaby@evergreenhealth.com



We'd like to express our sincere thanks to our wonderful volunteers!

evergreenhealth.com

"This is Not What I Expected" - Emotional Support for New Mothers

This support group provides emotional care for new mothers and families experiencing postpartum distress.

This **free** support group meets the first & third Tuesday of each month
7-9 pm in room Tan 1-134 (in the Evergreen Surgery & Physician's Building)

Consider this group if:

- You feel alone or isolated and want to connect with other parents who are feeling the same way
- You feel anxious, irritable or are having difficulty sleeping
- You just don't feel like yourself
- You are having a hard time connecting with your baby

No registration required. For more information call the EvergreenHealth Healthline at **425.899.3000**

Additional Classes		
Class Title	Date(s)	Time
Back-to-Work Parent-Baby Group	October 6 – December 15	10:00 a.m.
Breastfeeding Your Older Baby	September 24	7:00 p.m.
Bringing Baby Home	October 27 & November 3	9:30 a.m.
Car Seat Check-up	September 8	10 a.m. – 2 p.m. by appointment
Car Seat Safety	August 9	7:00 p.m.
Making the Magic Last Relationship Refresher	August 28	6:30 p.m.
Parenting Your Toddler Classes	October 5, 12, 19, 26	6:30 p.m.
Pumping Class	August 27	7:00 p.m.
Starting Solids	August 7, September 4	7:00 p.m.
This is Not What I Expected	August 7 & 21	7:00 p.m. free

To register for a class, please call 425.899.3000.

Helpful EvergreenHealth Phone Numbers:

- Breastfeeding Center425.899.3494
- Postpartum Care Center425.899.3602
- Nurse Navigator & Healthline (24-hour nurse line)425.899.3000
- Baby & Family Boutique425.899.3603

*EvergreenHealth's Baby and Family Boutique offers a variety of high quality products to help you during pregnancy and the first year with your new baby.
Location: EvergreenHealth - Coral Suite 320. Open Monday-Saturday, 8:30 a.m.-4:30 p.m.*

