



## February 2021 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:

#### 0-3 months

Wednesdays  
12 (noon) – 2 p.m.

#### 3-6 months

Wednesdays  
10 – 11:30 a.m.

*\*Times subject to change*

#### 6-15 months

Thursdays  
10 a.m. – 12 p.m. (noon)

### February Topics & Discussions Include:

Family Love Languages	Toddler Groups
Calming & Soothing Your Baby	Pelvic Health
Unplug & Play	Postpartum Adjustment
Nurturing Your Relationship	Sleep, Feeding & Development
Multi-Dimensional Parents	

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

### Registration:

Call 425.899.3000, Monday - Friday, 7 a.m. - 7 p.m. and ask for special "Connection During COVID" pricing!

### Once registered:

- Email [parentbaby@evergreenhealth.com](mailto: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.

### The 0-3 month group is FREE

*It is our gift to all new parents, regardless of where your baby was born.*

Wednesdays  
12 (noon) – 2 p.m.

*Request special "Connection During COVID" pricing when registering for these groups.*

### 3-6 months

Wednesdays  
10 – 11:30 a.m.

### 6-15 months

Thursdays  
10 a.m. – 12 p.m. (noon)

### Location

Thank you for helping us to flatten the curve by attending remotely from your home. There will be no in-person Parent-Baby groups held in February.

