

# Parent-Baby Groups

For babies ages 0-15 months



May 2018		
Note: Speakers subject to change		
Tuesday	Wednesday	Thursday
Developmental Stages <b>1</b>	Developmental Stages <b>2</b>	Developmental Stages <b>3</b>
What Mother's Day Means to a New Mom <b>8</b> <i>2:30 p.m. Pattycake Prints</i>	What Mother's Day Means to a New Mom <b>9</b> <i>2:30 p.m. Pattycake Prints</i>	What Mother's Day Means to a New Mom <b>10</b>
Infant Vision Care <b>15</b> <i>Dr. Kristi Kading</i>	<u>3-6 months</u> <b>16</b> Questions, Concerns & Celebrations  <u>0-3 months</u> Infant Vision Care <i>Dr. Katherine Shen</i>	Wills & Estate Planning <b>17</b> <i>Josh Lowell, Attorney</i>
Questions, Concerns & Celebrations <b>22</b>	<u>3-6 months</u> <b>23</b> Breast Health Awareness <i>Kim &amp; Heather</i>  <u>0-3 months</u> Questions, Concerns & Celebrations	Breast Health Awareness <b>24</b> <i>Kim, Julie &amp; Heather</i>
Conversations About Motherhood <b>29</b> <i>Myla Rugge</i>	Conversations About Motherhood <b>30</b> <i>Myla Rugge</i>	Conversations About Motherhood <b>31</b> <i>Myla Rugge</i>

### 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](http://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!

**“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
Breastfeeding Your Older Baby	June 22	10:00 a.m.
Bringing Baby Home	June 2 & 9	9:30 a.m.
Car Seat Check-up	May 5	10 a.m. – 2 p.m. by appointment
Car Seat Safety	May 10	7:00 p.m.
Conversations About Motherhood	June 14	7:00 p.m.
Pumping Class	June 25	7:00 p.m.
Starting Solids	May 8 & June 5	7:00 p.m.
This is Not What I Expected	May 1 & 15	7:00 p.m. free

**To register for a class, please call 425.899.3000.**

**Helpful EvergreenHealth Phone Numbers:**

- Breastfeeding Center .....425.899.3494
- Postpartum Care Center .....425.899.3602
- Nurse Navigator & Healthline (24-hour nurse line) .....425.899.3000
- Baby & Family Boutique .....425.899.3603

*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.*

