

Parent-Baby Groups

For babies ages 0-15 months



February 2018		
<i>Note: Speakers subject to change</i>		
Tuesday	Wednesday	Thursday
1/30	1/31	1
Postpartum Fitness <i>Erin Houg</i>	Postpartum Fitness <i>Erin Houg</i>	Parents & Self-Care: Balancing Mind & Body
6	7	8
Infant Eye Care <i>Dr. Kristi Kading</i>	Infant Eye Care <i>Dr. Katherine Shen</i>	Family Financial Planning <i>Tim Ibach</i>
13	14	15
Family Love Languages	Family Love Languages	Family Love Languages
20	21	22
Postpartum Adjustment	Postpartum Adjustment	Discipline & Self-Esteem
27	28	3/1
Changing Expectations & Identity of a New Parent <i>Myla Rukke</i>	Changing Expectations & Identity of a New Parent <i>Myla Rukke</i>	Parenting Styles <i>Myla Rukke</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

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
Back-to-Work Parent-Baby Group	January 13 – March 27	10:00 a.m.
Breastfeeding Your Older Baby	March 26	7:00 p.m.
Bringing Baby Home	February 6 – 27	6:00 p.m.
Car Seat Check-Up	March 3	10 a.m. – 2 p.m. by appointment
Car Seat Safety	March 8	7:00 p.m.
Conversations About Motherhood	March 15	7:00 p.m.
Parenting Your Toddler Classes	March 2 – 23	6:30 p.m.
Pumping Class	February 26	7:00 p.m.
Starting Solids	February 13 & March 13	7:00 p.m.
This is Not What I Expected	February 1 & 15	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.*

