



The Swindells Center
and
Providence Health Education Services
present

Baby Steps

**Support group for new parents and caregivers of
babies 0-6 months**

Join us for this virtual group to share your experiences, explore important topics and connect with other parents and caregivers.

6 WEEK SERIES

Wednesdays

Oct. 6 – Nov. 10

10 – 11:30 a.m.

Class Sessions Include:

- Soothing your baby
- Sleep for babies and caregivers
- Managing stress
- Resources and more

TO REGISTER:

www.providence.org/classes

503-216-7969 or 800-562-8964



This workshop is free thanks to the generous support of the Providence Foundation and our community partners.