



The Swindells Center
and
Providence Health Education Services
present

Baby Steps

Virtual support group for new parents and caregivers of babies 0-6 months

Join us for this six-week series and share your experiences, explore important topics and connect with other parents and caregivers.

2022 Dates:

- Thursdays, Jan. 6 – Feb. 10, 6 – 7:30 p.m.
- Wednesdays, Feb. 16 – Mar. 23, 10 – 11:30 a.m.
- Thursdays, April 7 – May 12, 6 – 7:30 p.m.
- Wednesdays, May 18 – June 22, 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

