

BABY STEPS

An informal group for parents and babies 0-6 months
hosted at Medicine Hat Community Health Centre
2948 Dunmore Road SE



Scan QR code to register online





Baby Steps is a group for new parents, attended with your baby, which offers various topics of discussion that focus on parenting in the first 6 months. It also provides a weekly opportunity to discuss questions that you may have as a new parent with a Public Health Nurse and other new parents.

Each series consists of 6 weekly sessions, held on Wednesday afternoons from 1:30-3:30 pm at the Medicine Hat Community Health Centre. Some topics are facilitated by a Public Health Nurse and other topics are presented by guest speakers from our community. This group is flexible and very informal—we understand what it is like with a new baby! Join us, regardless of how late you are or if you are having a bad day! We would love the opportunity to support you in parenting your little one!

Please bring your baby but we request no older siblings, due to the lack of space and childcare. Feel free to bring snacks, drinks, baby toys, baby carriers—anything you need to keep you and your baby satisfied and comfortable.

Register by visiting: <http://app.univerusrec.com/southzoneppnspub/>
There is a \$40 fee for the full series of classes, but we do not want the fee to be a barrier for anyone to participate – if subsidy is needed, please call us at 403-502-8215.