

Baby & Me!

Date: Drop-in Tuesdays

Time: 1:30 - 3 pm

Location: Children & Youth Community Centre, 3 Spruce Ave



September 2017 Schedule:

This is a great opportunity to meet other parents and to participate in infant focused play experiences.

Guest speakers will join us to present interesting topics related to parenting, infant care and development.

All sessions are **free!**
Call 780-416-6730 for more Information.

For caregivers and infants ages 0-12 months!

September 5th **Seasonal Closure**

We look forward to seeing you all next week!

September 12th **Chit n Chat**

Welcome back! Let's take some time to visit, chat and play today!

September 19th **Mommy & Me Yoga!**

Kristi Rokosh from Three OM's will share with you her absolute favourite yoga poses for new moms. Even baby gets in on the fun with baby yoga poses, massage, songs and creative movement! (Please bring a yoga mat, if you have one)

September 26th **Closed for Staff Training**

Please check out our October schedule online at www.strathcona.ca/parentlink