

Workshop:

Caring For Your Infant & Yourself

Life gets busy once baby arrives, and it can sometimes feel overwhelming. Luckily, there are lots of local resources that can support you in your journey through parenthood.

Join us for an open house to learn about some of these local resources available to families in our community! Babies & kids welcome!

Hear from:



- Baby wearing demonstrations
- Tips for soothing a fussy baby
- Infant feeding support
- Stress reduction techniques
- Free gently-used baby clothes



DOOR PRIZES • SNACKS & DRINKS • FREE TO ATTEND

WHEN: THURSDAY, JUNE 20, 2024

TIME: 6 PM TO 8 PM



WHERE: 188 WEST B ST, BLDG O, SPRINGFIELD

OURCOMMUNITYBIRTHCENTER@GMAIL.COM