

BABY STEPS

An informal group for parents and babies 0-4 months
hosted at Medicine Hat Community Health Centre
2948 Dunmore Road SE





Baby Steps is a group for new parents, attended with your baby, which offers various topics of discussion that focus on early parenting. 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, currently held on Monday afternoons from 1:30-3:45 pm at the Medicine Hat Community Health Centre. We are located at 2948 Dunmore Road SE (brick building with yellow trim, next to Taco Time on Dunmore Road). 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.

Please register by visiting www.ahs.ca/prenatal . Click on the “Course Registration Website” link, which is found under the “South Zone” tab. 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.

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!