



# NEW BABY?

## COME CONNECT

The first few days and weeks with your new baby can be wonderful, overwhelming, and exhausting, all at the same time. Come connect with other families as you navigate the first 6 months with baby. Share challenges, successes, and ideas in an informal, supportive group environment.

This group is for caregivers and babies in their first 6 months of life.

### Dates and Locations:

Thursdays (weekly)  
10 to 11:30 a.m.

Kaiser Permanente  
Interstate Medical Office Central  
3600 N. Interstate Ave.  
2nd Floor, Room 2075  
Portland, OR 97227

Fridays (weekly)  
Noon to 1:30 p.m.

Kaiser Permanente  
Orchards Medical Office  
7101 NE 137th Ave.  
Conference Room A  
Vancouver, WA 98682

### How to register:

For more information or to register, please call **503-286-6816** or **1-866-301-3866** (toll free), option 1.

**There is no cost to attend.**