



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 times:

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

Location:

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

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.