

Community Education Service

Infant Massage

Presented by : YW Parent Link Centre Staff

Nov 6, 2019
2:30 pm - 3:30 pm
Sign in: 2:15pm
YW Hub Facility
1715 17 Ave SE

Session is FREE
of charge/
Parking fees
may apply

Register: <http://community.hmhc.ca/>

For more information: email ces@ahs.ca or call (403) 955 - 4747

The YW Parent Link Centre is offering a FREE 4-session infant massage class to moms, dads & caregivers with babies between 6 weeks and 6 months of age. Dolls will be provided for expectant parents and those who come without children.

Topics include: Benefits of infant massage for child and parent; emotional regulation; reading babies' cues; and simple strokes for the legs, feet, stomach, chest, arms, back and face.

**The final Infant Massage session will be held at the Calgary Reads Children's Reading Place. Enrolled families will be given more details.*

Wednesday's, November 6, 13, 20, 27

Level I: This session presents an overview of infant massage and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.

This session is presented by the Community Education Service of the Child and Adolescent Addiction, Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and YW Parent Link Centre.