

# Community Education Service

## Infant Massage

Presented by : YW Parent Link Centre Staff

**Oct 9, 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](mailto: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, October 9, 16, 23 and 30**

**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.