

# Parent Support Groups

## Adjusting to Parenting

*Parents and newborns to 12 months in age*

**Meets every Wednesday from 1 – 2:30 PM**

**Registration is free at [valleymed.org/events](http://valleymed.org/events)**

Is my baby doing OK? Am I doing OK? Join other new parents to ask questions and talk about finding your new “normal.” Share worries and celebrations and resources. Learn about infant play, development, health, safety, feeding, and sleeping, as well as relationship challenges and emotional adjustment. Create friendships for yourself and your child. Real people, real life, real honest discussion.

## Parenting Connections

*Parents and children from 12 months to 2 years*

**Meets every Wednesday from 10 – 11:30 AM**

**Registration is free at [valleymed.org/events](http://valleymed.org/events)**

Find a community for you and your child by connecting with a group of new parents to share the feelings, needs, and challenges, of older, more active crawlers and toddlers. The little ones play together while parents build friendships in a safe, consistent setting. Continuing support, education and resources for parents. Get out of the house and join in!

Classes are held in the Medical Arts Center (MAC) building on Valley Medical Center's main campus. Park in the North Parking Garage and enter the MAC using the 3rd floor skybridge. Take the elevator to the first floor, turn right, and follow the hall to locate the classroom.

**Questions:** Contact Annie Kunkel at 425.228.3440 ext. 2526

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