

New Parent Support

2012



(301)342-4911



***Personalized Prenatal, Infant and Toddler Parenting Instructional Home Visitations**

To Schedule Call: (301)342-4911

FREE

Amazing Newborns

Discussion and hands-on instruction infant care class for parents-to-be

Receive a FREE "Baby Go To Sleep" 'Heartbeat Lullabies' CD & a copy of "Your Baby's First Year"

March 6	6 to 8 pm
June 5	6 to 8 pm
August 9	6 to 8 pm
December 13	6 to 8 pm

Breastfeeding Assistance

Pump Loan & Lactation

Stations call: 301-342-4911

Breastfeeding, Prenatal and Birthing Classes

Classes at St. Mary's Hospital

Call Health Connections at

St. Mary's for dates and times:

301-475-6505

Budget for Baby

Navy/Marine Corps Relief Program

***NOW OPEN TO ALL GRADES**

RECEIVE A JR SEA BAG WORTH \$100

Wednesdays 10 to 12am

January 25	May 23	September 26
February 22	June 27	October 31
March 28	July 25	November 28
April 25	August 22	

Play Group

*** Thursdays***

Glen Forrest Community Center

Outdoor Kiddie Pool (summer)

1-2-3-4 Parents!

Parenting Workshop for 1-4 year olds

NEW!!! Hours... Three sessions per year...watch our calendar for scheduled dates.