

2019

The Childbearing Society

POSTPARTUM CIRCLES for parents and babies

3569 Commercial Street (south of 18th)

12:30pm - 2pm, Mondays

2019 Come early for Breastfeeding Clinics: 11am - 12:30pm

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|-----------|------------------------------------------------------------------------------------------------------------------------------------------|------------|
| 10-Jun-19 | Postpartum Fitness
Guest Speaker: Janet Kimmel, Physiotherapist
Easing back into fitness the right way | Shahrzad |
| 17-Jun-19 | Diapering Options and Diaper Free
Guest Speaker: Charlotte Watson, EC
Diaper free? Are you kidding? | Stephanie |
| 24-Jun-19 | Adjusting to Parenthood
Guest Speaker: Steph Jhala, All the Mama Feels
Navigating this huge shift in identity and lifestyle | Shahrzad |
| 01-Jul-19 | No Class | |
| 08-Jul-19 | Introducing Solids
Guest Speaker: Andrea Potter, Nutritionist
So long spoons; bye bye mush! | Debra |
| 15-Jul-19 | Communicating with Baby
Guest Speaker: Laura Mayne, Heartswell Parenting
Baby's emotions, feelings, and expressions | Shahrzad |
| 22-Jul-19 | No Class | |
| 29-Jul-19 | Breastfeeding, Pumping, Milk Storage
Troubleshooting, tips, and secrets you probably didn't know | Shahrzad |
| 05-Aug-19 | No Class | |
| 12-Aug-19 | Mama/Baby Health & Wellness
Guest Speaker: Dr Anne Stacey DC
Keeping baby healthy; Dealing with common illnesses | Aleksandra |
| 19-Aug-19 | Childcare Choices
Guest Speaker: Westcoast Childcare Resource Ctr
What are the options. How to find the right fit. | Debra |
| 26-Aug-19 | Getting Out With Baby
Guest Speaker: Gaye Ferguson, Family Place | Debra |

How to leave the house & what to do in town

- 02-Sep-19 **No Class**
- 09-Sep-19 **Babywearing** Shahrzad
Guest Speaker: Dr Stephanie Bonn DC
The 4th trimester; kangaroo care, babywearing, skin contact
- 16-Sep-19 **Craniosacral Therapy for Mamas & Babies** Shahrzad
Gentle treatment for colic, latch, and so much more
- 23-Sep-19 **Infant Massage** Debra
Guest Speaker: Erin Hannah RMT
How to massage baby; Importance of touch
- 30-Sep-19 **Sleep** Stephanie
Is baby getting enough? Are you?
- 07-Oct-19 **Baby Signing** Aleksandra
Guest Speaker: Lee Ann Steyns, Signing with Baby
Communicate with your baby! Learn some easy signs.
- 14-Oct-19 **No Class**
- 21-Oct-19 **Marriage After Baby** Shahrzad
Guest Speaker:
Navigating a shifting relationship with your partner
- 28-Oct-19 **Postpartum Fitness** Debra
Guest Speaker:
Easing back into fitness the right way
- 04-Nov-19 **Adjusting to Parenthood** Shahrzad
Guest Speaker:
Navigating this huge shift in identity and lifestyle
- 11-Nov-19 **No Class**
- 18-Nov-19 **Infant Development** Debra
Guest Speaker:
Baby's Emotional Development Into Full Personhood
- 25-Nov-19 **Play** Shahrzad
Guest Speaker:
How to play with baby; Why it's important
- 02-Dec-19 **Introducing Solids** Debra
Guest Speaker:
So long spoons; bye bye mush!

09-Dec-19 **Babywearing** Aleksandra
Guest Speaker:
The 4th trimester; kangaroo care, babywearing, skin contact

16-Dec-19 **Infant Health & Wellness** Shahrzad
Guest Speaker:
Keeping baby healthy; Dealing with common illnesses

CLOSED UNTIL JANUARY

BREASTFEEDING CLINIC: \$20

POSTPARTUM CLASSES: \$5 per class, or 5 classes for \$20.

All classes are for parents AND their babies.

WE HAVE NO ROOM FOR STROLLERS OR CARSEATS. Please leave them at home or in the car.

These are baby friendly classes, and all feeding methods are welcome with NO need to use a tent or cover (unless you genuinely prefer to do so).

Instructors

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Please feel free to contact us at any time, for any reason.