

Baby & Me Support Group

KAISER PERMANENTE • SAN JOSE MEDICAL CENTER



Baby & Me Support Group (2 weeks to 1 year):

A drop-in support group for new parents facilitated by Certified Health Educators addresses common parenting concerns.

Bring your baby and discuss sleeping, crying, adjusting to parenthood and more! Some sessions feature physicians and/or guest speakers from the community. A lactation educator is available to assist with general breastfeeding questions and concerns.

This is for Kaiser Permanente members only and is a covered benefit. *This group does not meet on holidays.*

2019 Dates and Times:

Group meets every Monday and Friday

- Mondays, 2:00PM – 3:30PM, Centering Room
- Fridays, 10:00AM – 11:30AM, Room 4
- **Address:** 276 International Circle, Building 1, 2nd Floor, San Jose, 95119

For more information please contact Health Education department at (408) 972-3340

Guest Speakers & Topics

Raising Intuitive Eaters

- Friday, November 8
- Sally Sarria, RD

Postpartum Depression

- Monday, November 11
- Sheila Loanzon, MD

Stroller Fitness

- Monday, November 15
- Danielle Patterson

Music Together

- Monday, November 18
- Meike Smitt-Huizinga

Infant Massage

- Monday, December 2
- Lara Elfstrand

Pediatrician Q&A

- Friday, December 6
- Mary Chiou, MD

Breastfeeding

- Monday, December 9
- Margie Zanutto

The Little Gym

- Friday, December 13
- Naomi Collins

Stroller Fitness

- Monday, December 16
- Theresa Opp

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