

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 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.*

2020 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 the Health Education department at (408) 972-3340

Guest Speakers & Topics

Pediatrician Q&A

- Friday, January 10
- Dr. Mary Chiou

Baby Sign Language

- Monday, January 13
- Happy Baby Signs

Water Safety

- Friday, January 17
- Waterworks Aquatics

Music Together

- Monday, January 27
- Smiley Notes

Sleep Training

- Friday, February 7
- Dream Little One

Baby Lapsit Program

- Friday, February 21
- Santa Teresa Library

Stroller Fitness

- Friday, March 13
- FitParent Boot-camp

Bringing Baby Home Talks

- Monday, March 23
- Little Elf Family Services

Music Together

- Monday, March 27
- Smiley Notes

kp.org/sanjose