

New Parent Support

2013



***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 5	6 to 8 pm
June 4	6 to 8 pm
September 10	6 to 8 pm
December 10	6 to 8 pm

Breastfeeding Assistance

Pump Loan & Lactation

Stations call: 301-342-4911

Breastfeeding, Prenatal and Birthing Classes

Call MedStar St Mary's Health
Connections for dates and times:
301-997-6505

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 23	May 22	September 25
February 27	June 26	October 30
March 27	July 24	November 22
April 25	August 28	

Play Group

*** Thursdays* 10-11am**

Glen Forrest Community Center

"Nurturing Touch"

Infant Massage Instruction

Call for dates and time

1-2-3-4 Parents!

Parenting Workshop for 1-4 year olds
NEW!!! Hours... Three sessions per
year...watch our calendar for
scheduled dates.

