

# Best Start for Babies Virtual Support Groups



BABY ON THE WAY?  
DO YOU WANT TO LEARN MORE ABOUT PARENTING?

**June through August  
First & Third Wednesdays  
12:00-1:00PM**

Our Best Starts for Babies program is holding a Virtual Support Group to provide education and support for you to feel more confident in your ability to respond to your children in healthy and positive ways. This group is for parents or caregivers of children age one year or younger.

**Those who register  
will be sent Zoom  
meeting links!**

**FREE**

Let's get social! Take an hour to spend some time with other parents and discuss topics like: birth stories, tummy time, sleeping habits, feeding and introducing solids, and topics based on participant requests.

**Dates:**

June 3, 17

July 1, 15

August 5, 19



The Matthews House  
Growing Stronger Together



For more info or to register, contact Jewel at:  
970-235-0693 or  
[jewel@thematthewshouse.org](mailto:jewel@thematthewshouse.org)

