



Parent-Infant Drop-Ins SUMMER, 2019

LYNN VALLEY Hillside Baptist Church 870 Lynn Valley Road Every Tuesday 1:00 – 3:00 pm Talk starts at 1:30 pm		PARKGATE COMMUNITY CENTRE 3625 Banff Court Second Floor Every Wednesday 1:00 - 3:00 pm Talk starts at 1:30 pm		JOHN BRAITHWAITE COMMUNITY CENTRE 145 West 1 st Street Every Thursday 1:00 – 3:00 pm Talk starts at 1:30 pm	
July 2	Open Discussion	July 3	Lifesaving Skills	July 4	Food Safety
9	Sleep	10	Open Discussion	11	Pelvic Floor
16	Breastfeeding and Medications	17	Infant Development	18	Open Discussion
23	Open Discussion	24	Sleep	25	Feeding your baby
30	Sun Safety	31	Open Discussion	Aug 1	Infant Development
Aug 6	Lifesaving Skills	Aug 7	Songs & Books	8	Open Discussion
13	Open Discussion	14	Feeding Your Baby	15	Sleep
20	Infant Massage	21	Open Discussion	22	What Happened to my Life?
27	Infant Development	28	Planning Childcare	29	Open Discussion

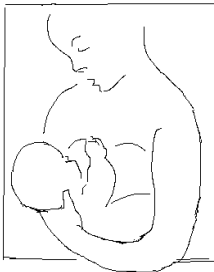
Breastfeeding Support on the North Shore

Come and get Breastfeeding Support from your Public Health Nurses:

- 1) by contacting your home visiting nurse*
- 2) calling our Early Years on-call service at (604)983-6754*
- 3) at the Parent-Infant Drop-Ins at the following locations:*

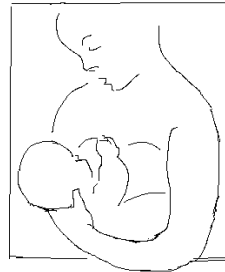
Tuesdays:

Hillside Baptist Church
870 Lynn Valley Road
North Vancouver, BC
1:00 pm – 3:00 pm



Wednesdays:

Parkgate Community Centre
3625 Banff Court
North Vancouver, BC
1:00 pm - 3:00 pm



Thursdays:

John Braithwaite Community Centre
145 West 1st Street
North Vancouver, BC
1:00 pm – 3:00 pm



Breastfeeding support from a Lactation Consultant is available by appointment on Tuesdays, Wednesdays, and Fridays. To book, please call (604)983-6863.

Baby weigh scales are available Monday – Friday at the VCH offices at Central Community Health (5th floor-132 W Esplanade), Parkgate Community Centre (second floor).

West Community Centre (first floor) open 7 days per week 8:30am to 4:00pm.