

# Lanark Welcome to...



## BABY TALK

**Baby Talk** is a weekly peer support group for parents, caregivers and children less than one year of age, offered in partnership by the Leeds, Grenville and Lanark District Health Unit and the EarlyON Child and Family Centre/Children's Resources on Wheels.

It is an opportunity to:

- Find out what to expect with your new baby
- Meet other parents
- Ask questions about infant feeding, growth & development and parenting.
- Learn about what's available in your community.





For more information, please call the  
**EarlyON Child and Family Centre**  
at 613-283-0095 or the  
**Health Unit** at 1-800-660-5853  
or visit [www.healthunit.org](http://www.healthunit.org)

### Baby Talk programs run in:

- ▶ Almonte
- ▶ Carleton Place
- ▶ Perth
- ▶ Smiths Falls

Scan for the schedule

