

# Preparing for Baby



**Wednesdays, Feb 19 - Mar 26  
4-5 PM**

**New Hope Learning Center**  
8301 47th Ave N  
New Hope, MN 55428

## Expectant Parents

Join us to connect with other expectant parents, ask questions and learn more about what to expect when your new baby arrives.

Classes are led by a licensed Parent and Family Educator.

Topics include:

- perinatal mood and anxiety disorder (PMADS)
- newborn development
- sleep
- feeding
- ways to support bonding and attachment.

**Registration is required**  
at [rdale.ce.eleyo.com](http://rdale.ce.eleyo.com)

