

Perinatal Parent Meet-Up Dates



 **AUGUST 18TH** 

10:00 AM - 11:30 AM

 **Tehama County Library,
545 Diamond Ave, Red Bluff**

Topic: Infant Nutrition

Learn helpful breastfeeding tips and how
to support your baby's healthy growth
through proper nutrition.



 **OCTOBER 20TH** 

10:00 AM - 11:30 AM

 **Tehama County Library,
545 Diamond Ave, Red Bluff**

Topic: Safe Sleep

Learn simple steps to create a safe and
comfortable sleep space for your baby.

 **FEBRUARY 9TH** 

10:00 AM - 11:30 AM

 **Tehama County Library,
545 Diamond Ave, Red Bluff**

Topic: Doula Services

Discover how doulas can provide
guidance, comfort, and support during
pregnancy, birth, and postpartum.

 **APRIL 13TH** 

10:00 AM - 11:30 AM

 **Corning WIC Office,
275 Solano St, Corning**

Topic: Car Seat Safety

Learn how to properly choose, install,
and use your child's car seat safely.

 **MAY 18TH** 

10:00 AM - 11:30 AM

 **Tehama County Library,
545 Diamond Ave, Red Bluff**
Topic: Perinatal Mental Health

Learn about emotional wellness during
pregnancy and postpartum and where to
find support when you need it.

**FOR FREE INDIVIDUAL POSTPARTUM
THERAPY, OR TO REGISTER FOR A
MEET-UP, PLEASE CALL LAURA
BURLISON:**

(530) 840-4871

LAURA BURLISON, AMFT #159894, PMH-C
SUPERVISOR COLTER DIEHL, LMFT #106474

**Being a new mom can be challenging.
Come learn helpful strategies to support your
journey through motherhood.**

