

## Bringing Baby Home

For pregnant couples and couples with a baby less than one year old

A baby's first year is a time brimming with happiness and challenges. Your baby needs care, but so does your relationship as a couple. Attend our NEW Bringing Baby Home workshop authored by renowned relationship expert, Dr John Gottman. Attend two consecutive Saturdays and

develop strategies for a thriving and loving family.

Taught by Gottman Certified Educators.

- Two Saturdays, Jan. 24 and 31 or Mar. 7 and 14
- 9am-4pm
- Meadowcreek Office Park – 22510 SE 64th Place – Suite #120
- \$150.00
- Pre-registration required
- Overlake Hospital Medical Center, 425-688-5259 or

[www.overlakehospital.org/classes](http://www.overlakehospital.org/classes)



## Conscious Fathering: After Baby

For New Dads

Dad, bring your baby! Learn about infant development, and how your baby benefits from your fathering. Network with other new fathers. Taught by a fathering expert and experienced Dad!

- Saturday, Feb. 7
- 9 to 10:30 am
- Meadowcreek Office Park – 22510 SE 64th Place – Suite #120
- \$30
- Pre-registration required
- Overlake Hospital Medical Center, 425-688-5259 or [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes)

## You and Your New Baby

For New Mothers with Infants up to 12 weeks

Five-week class designed to encourage group interaction and support. Topics include comforting baby, coping with crying, feeding and weaning, choosing and managing childcare, changing family roles, infant development and stimulation, identifying illness in infants, safety, parenting styles and community

resources.

Offered Wednesdays and Thursdays during the day-time. Check online for details:

[www.overlakehospital.org/classes](http://www.overlakehospital.org/classes)

- Meadowcreek Office Park – 22510 SE 64th Place – Suite #120
- \$45
- Pre-registration required
- Contact Overlake Hospital Medical Center, 425-688-5259 or [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes)

## Growing Up Female

Ages 11-18, with parent

This class encourages family communication about sexual issues and provides accurate information about the changes of puberty.

- Thursday, Jan. 8
- 6:30 p.m.
- Free
- Swedish/Issaquah, 2005 NW Sammamish Road
- [www.swedish.org](http://www.swedish.org)

## Parenting 2-12 year olds

For Parents of 2 to 12 year olds: Learn positive

ways to discipline your child and practical and workable skills you can start using immediately. Turn anxiety about parenting into confidence! Register early, spaces fill quickly. Based on STEP: Systemic Training for Effective Parenting

- 8 Thursdays, beginning Jan. 15 (no class 2/19)
- 7-9 p.m.
- \$45 Individual/\$60 Couples, Scholarships available
- Issaquah Friends of Youth, 414 Front St. N.
- Contact Friends of Youth, 425-392-6367 to register

## Parenting Teens

Parent your Teenager without yelling, grounding or bribing! Join us to learn: communicating respect and encouragement, cooperation and problem solving, building responsibility and strategies to deal with sex, drugs & alcohol. Register early, spaces fill quickly. Based on STEP: Systemic Training for Effective Parenting

- 9 Wednesdays, beginning Jan. 14 (no class 2/18)
- 7-9 p.m.
- \$45 Individual/\$60 Couples, Scholarships available
- Issaquah Friends of Youth, 414 Front St N
- Contact Friends of Youth, 425-392-6367 to register