



## ***Tiny Toes Wellness- Summer Babies!***

A parent-infant program focusing on physical, emotional and social wellness that encourages exploration of our well-being as people and our relationships with our Babies.

The content will include weekly grounding and relaxation exercises for parents, discussion about parenting, and fun activities that explore our personal wellness plus songs, bounces, and tickles for babies.

Bring your lunch and a blanket and we will enjoy the breeze in the shade by the Fraser River.

**Where:** Riverfront Park, 2750 E Kent Ave S. between Jellico and Elliot Street near the tennis courts. We will meet in the grass next to the River in the shade.

**Dates:** Tuesdays, August 2, 9, 16, 23, & 30

To Register or Inquire contact Carrie at [carrie.svfp@gmail.com](mailto:carrie.svfp@gmail.com) or text message 778-847-0467

Group facilitator: Carrie Cassidy, M. Sc., is a family support worker at the SVFP Fraserland drop-in and is raising three amazing humans. She is passionate about helping others build self-compassion and promoting strong parent-child relationships.

