FREE GROUP CLASS

NURTURING PARENTING

FOR PRENATAL & NEWBORN PARENTS

IN PARTNERSHIP WITH

MARION & POLK earlylearninghub

Free eight-week course presented by **Family Building Blocks** covering nine topics that support prenatal and newborn health and safety.
Limilted childcare available upon registration.

DINNER PROVIDED | WEDNESDAY EVENINGS

JULY 8TH – AUGUST 26TH , 2026 - 4:30 PM - 6:00 PM

FAMILY BUILDING BLOCKS - CHELSEA'S PLACE

2425 LANCASTER DRIVE NE, SALEM, OR 97305

Course Skills & Knowledge for Parents

- **Handling stress & anger**
- **Handling weight gain & body issues**
- **Preventing drug-related birth issues**
- **Nurturing themselves & their partners**
- **Keeping their bodies & babies healthy**
- **Encouraging healthy brain development**
- **Understanding fetal growth & development**
- **Maintaining a healthy partner relationship**
- **Understanding the importance of nurturing touch**

RESERVE YOUR SPOT!

Registration is required | Connect with Melodie at 503-769-1120 or mweeks@familybuildingblocks.org