



well baby center[®]

YOUR PARENTING COMMUNITY

Infant Massage Workshops

For mothers with infants birth to 8 months

Well Baby Center is a non-profit parenting and counseling center providing Mindful Parenting Groups, Reflective Parenting Workshops, New Parents Support Groups, Mindful Pregnancy & Childbirth Classes, Infant Massage Workshops, Music groups in Spanish and English, Social Skills Play Groups, and family consultations and counseling



Groups Now Forming

Two Consecutive Mondays
11 am - 12 pm

For more information, please contact us at:
310-402-BABY (2229) ext. 101
info@wellbabycenter.org

Register online!

To register, please go to:
www.wellbabycenter.org
and select "Our Programs",
then "Infant Massage"

Regional Center vendor
Court-approved parenting classes
Well Baby Center is a 501(c)(3)
non-profit organization

Our Infant Massage Workshop teaches you to help your baby learn about body integrity, self-soothing, and loving touch - all essential for parent-infant bonding and secure attachment relationships.

Learn to:

- Read your infant's cues for the development of infant attachment security
- Use massage to communicate love to your baby
- Help your infant enter a calm, sleepy state for easy transition to sleep
- Massage your infant so he/she can relax after a stimulating day
- Calm yourself through the relaxing, enjoyable experience of infant massage!

Gretchen Goddard CIMI[®] is certified to teach infant massage by the International Loving Touch Foundation[®]. At the Sanctuary since 2008, Gretchen has taught massage techniques to parents from pregnancy through toddlerhood.

- Loving Touch[®] materials are provided for practice at home
- \$50* for 2 consecutive workshops

*Sliding fee scale available

Well Baby Center, 12316 Venice Boulevard, Mar Vista, California 90066 310-402-BABY (2229)