

Jewish Family Network Presents

# Parenting Classes



## Moms Connect (6-week class)

*For moms with children  
0-5 months*

Fridays (9:30-11am)  
January 22 - February 26  
Cost: \$60

Connect with other new moms who are experiencing the joys and challenges of parenthood. Learn to bond with your baby through songs, games and massage. Includes discussion of relevant topics each week.

### Classes take place at:

The Children's Room  
Jewish Family Service of Metrowest  
475 Franklin Street • Framingham

Register online at [jccgb.org/metrowest](http://jccgb.org/metrowest) or  
contact 508-879-3300 or [metrowest@jccgb.org](mailto:metrowest@jccgb.org)

All classes taught by Jill Vetstein, LICSW, a professional developmental specialist, parent educator and infant massage instructor.

*Open to the entire community.  
Interfaith families, single parents, people with  
disabilities and GLBT families are welcome.*

A PROGRAM OF

BOSTON  
**JCC**



Jewish Family Service of Metrowest

## Little Wigglers (6-week class)

*For moms with children  
6-12 months*

Fridays (11:30am-12:30pm)  
January 22 - February 26  
Cost: \$60

It's a mobile world! Learn new ways of playing with your baby to enhance his or her motor skills and social and cognitive abilities. Includes interactive circle time and a discussion topic.

## Baby Massage (6-week class)

*For moms with children  
0-5 months*

Mondays (2-3pm)  
January 25 - March 1  
Cost: \$60

Infant massage has numerous benefits, including aiding in sleep, digestion, attachment and development. Learn strokes and techniques each week while sharing nurturing touch with your child and connecting with other families.



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