Achievement Centers for Children

Infant Massage & Parenting Group Classes

WHERE & WHEN

Cove Community Center
12525 Lake Ave., Lakewood

10/14, 10/21, 10/28, 11/4, 11/11, 11/18, 12/2, & 12/9

Wednesdays at 12:30pm

WHO

Mothers, fathers, & caregivers with babies 6 weeks to pre-crawling

COST

FREE to Cuyahoga County Residents

During this 8-week session, you will will learn Infant Massage, and other Parenting Skills, such as how to incorporate play and communication to strengthen attachment and brain development in your child.

Sensational Baby® Infant Massage

Our free Infant Massage classes and individual sessions are taught in a relaxing, supportive setting and are designed to enhance the positive bond between you and baby.
Infant Massage can help:

- **Soothe your baby when fussy**
- **Improve their digestion**
- **Deepen sleep (theirs...and yours!)**
- **Stimulate infant growth**
- **Provide an opportunity to meet other parents/caregivers!**

Scan to Register

Invest in Children

ADAMHS BOARD OF CUYAHOGA COUNTY
ALCOHOL, DRUG ADDICTION & MENTAL HEALTH SERVICES

Sensational Baby® Infant Massage is a parent education program developed by Infant Massage USA® presented by Achievement Centers for Children's Certified Infant Massage Educators.

Achievement Centers for Children AchievementCenters.org

Please use the QR code to reserve your free spot.