Mothering Toddlers

What:
This is an intimate gathering of mothers and their toddlers (ages 1 – 4 years old) in a venue that provides support, guidance, and activities for participants. Members of the community are often invited to the group to provide applicable knowledge and resources for the participants.

Examples of topics discussed include: Nutrition, Developmental milestones, Self-care (for moms), Daycare and preschool preparation, Sleep, Potty training.

Molly Kirkconnell will be facilitating the Mothering Toddlers group beginning in January 2020. Molly is a family doctor with interests in pregnancy and childbirth, breastfeeding, childhood development, and parenting. As a parent of young children, she has also cultivated interests in Hand in Hand parenting techniques and children’s sleep, among other topics. Molly is looking forward to building a community with parents and children to meet regularly and share in the important and transformative experience of raising toddlers.

When: 10:30 AM – 12:00 PM

Where: Gravenstein Community Health Center
652 Petaluma Avenue, Suite F, Sebastopol, CA

Dates:

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<th>January</th>
<th>February</th>
<th>March</th>
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Who: Any West County Health Centers patient who needs support or wants to build community with other families.

How: Discuss with your Care Team and ask your medical provider for a referral. For more information, call us today, 707-887-0290.

Payment: Shared Medical Visits are billed as a medical visit and will mirror the cost of a standard medical visit at your primary care site.