

# Parent Participation Infant Classes ONLINE!



Find support and connect with others as you begin your parenting journey with your little one!

September 14th - November 20th  
Classes are held weekly and require internet connection and the Zoom application.

## Introducing

### FREE Online Discussion Class for Parents of Infants!

**PARENTING THE INFANT (0-12 months)** Gain parenting knowledge and form connections with other families from the comfort and safety of your own home. Our Infant class is lead by Parent Participation teacher Danielle Snyder for one hour in the evening, once a week. You'll learn current information about parenting topics relevant to your child, and then facilitate a discussion so that everyone can learn from each other and share experiences.

### Baby & Me Yoga Online

**Connect with yourself and other parents from the comfort of your home.** Teacher Vanessa Veiock leads a weekly one-hour yoga practice for all levels focusing on building strength and relieving stress. Afterwards, there's time to connect with other parents, and a weekly self-care theme including specialized guest speakers in nutrition, pelvic floor health and creative movement, and interactive discussions.

## Enroll today!

[ParentParticipation.org](https://www.ParentParticipation.org)

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