

Baby and Me Support Group

KAISER PERMANENTE • SAN JOSE MEDICAL CENTER



Baby and Me Support Group

An online support group for new parents facilitated by Health Educators addresses common parenting concerns.

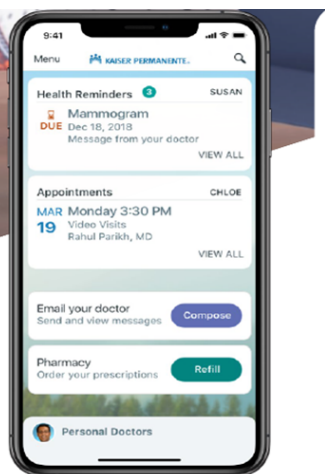
Connect to the group from your phone or computer to discuss sleeping, crying, general breastfeeding questions and concerns, adjusting to parenthood and more!

Some sessions feature physicians and/or guest speakers from the community.

This is for Kaiser Permanente members only and is a covered benefit. *This group does not meet on holidays.*

2021 Dates and Times:

Group meets online every Monday from 2:00pm - 3:30pm



My Doctor Online App helps you remember

- Appointments
- Video Visits
- Email Your Doctor
- Prescription Refills
- Test Results
- Health Reminders



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For more information please contact the Health Education department at (408) 972-3340

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