



Family Health and Wellness Clinics

At Sage-Femmes Rouge Valley Midwives
6758 Kingston Road, Unit 6, Toronto, ON M1B 1G8
at 401 and Port Union Road

Please Join us Friday September 22nd

How Parenting Affects our Childrens Development

With the work of pioneering neurophysiologists we are understanding how fundamentally important an infants' experience of its environment is, and as a child grows, it's interactions with other important adults. As parents and educators we will explore current research in parenting styles and discuss parenting behaviours and how these behaviours directly affect our children's development. Interactive, interesting and fun.

Registration is Required

To Register email: familywellness@barefootdoctor.org or call: 416.901.0656

Family Health and Wellness days are a FREE service to families expecting a baby or with children 0-3 years of age.

We Offer:

- Breastfeeding Support
- Mom/Baby Wellness Checks (weigh-ins and quick questions)
- Private 15 minute Naturopathic Support Visits
- Group Question and Answer session with Dr. Lisa Doran N.D. and Shannon Cormier, breastfeeding support counselor, to answer questions on health, breastfeeding, parenting, and child development
- Seminars and Workshops

Daily Format:

10am – 11:30 - Baby Weigh ins/ Private ND appointments/ Private Breastfeeding Support – 15 mins sessions

11: 30am- 12:30– Seminar – Everyone is invited!

12:30– 1:30- Group Q and A session

Look for Future Seminars on:

October – The Vaccination Decision

November – The importance of Warmth for children

December - Rhythm and Routine in family Life

Weekend and Evening Seminars also Being offered:

Homeopathy for Family Wellness Weekend

Wonderchild – Parenting for a Healthy Future Parenting Crash Course

Please Visit our Website www.barefootdoctor.org for more information