

# Bedford Babies

Are you a parent of a new baby?  
Would you like help and advice?  
Not just for new parents.



For parent(s) & babies 11 months or less.

Join **Adrian Kalikow**, M.Ed., PCI Certified Parent Coach, in an **eight-session program** designed to help new parents share the joys & challenges of parenthood.

Parents (with their babies 11 months or less) will gather to discuss the many issues that arise with a new infant.

**Thursdays at 9:30 - 10:30**

September 29 – November 17

Bedford Free Library

(Note – now on Thursdays instead of Tuesdays)

No fee, space is limited.

Call (914) 234-3570 or register in the Children's Room.