



# Baby & Me Group

## Legacy invites you to our weekly parenting support group

Happy or sad, good day or bad, please join us to share stories and ask questions. Baby & Me support group is a great activity to do with your baby!

New parents and babies 0–6 months are welcome. We provide a safe space for diaper changing, infant feeding and everything in between.

Masks are required for all adults who attend the group.

Questions? Contact [HavingABaby@lhs.org](mailto:HavingABaby@lhs.org).

All Baby and Me sessions are **free**. No need to register — drop-in when you can!

## Portland

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### Wednesdays, 2:30–4 p.m.

Legacy Emanuel Medical Center  
Medical Office Building 2, 2801 N. Gantenbein Ave.  
Portland, OR 97227

Conference Room West (near the valet parking/Atrium entrance).  
Valet park or park in Parking Structure 2; be sure to validate ticket.

## Vancouver

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### Thursdays, noon–1:30 p.m.

Legacy Salmon Creek Medical Center  
2211 N.E. 139th St. Vancouver, WA 98686  
Medical Office Building A, Suite 429