



**Family
Connections
Centers**



How to Deal with the Stress of Newborns

Having a baby can be stressful. This workshop will share resources for when you need extra support and help you minimize the challenges of having a newborn. Learn how to prepare your home, methods for preventing accidents and injuries, and information on bathing and crib safety.



When:
May 13
1:00—2:00 pm

Where:
In-person at Family
Connections - Portola

Language:
Spanish

**To register, please contact: Javier at
jparedes@fccenters.org, 415.745.9140.**

 fccenters.org

 [@fccenters](https://www.instagram.com/fccenters)

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Family Connections - Portola
2565 San Bruno Avenue
San Francisco, CA 94134
415.715.6746



Family Connections - Excelsior
5016 Mission Street
San Francisco, CA 94112
415.333.3845



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Cómo Lidar con el Estrés de los Recién Nacidos

Tener un bebé puede ser estresante. Este taller compartirá recursos para cuando necesite apoyo adicional y la ayudará a minimizar los desafíos de tener un recién nacido. Aprenda cómo preparar su hogar, métodos para prevenir accidentes y lesiones, e información sobre seguridad para bañarse y cunas.



Cuándo:

13 de mayo
1:00 pm – 2:00 pm

Dónde:

En persona en Family
Connections - Portola

Idioma:

Español

Para registrarse, por favor contacte a
Javier.: jparedes@fccenters.org,
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