MUTUAL ASSISTANCE NETWORK PRESENTS

ABC's of Infant Safe Sleep

Held monthly on the 2nd Tuesday

August 13th
September 10th
October 8th
November 12th
December 10th

3:00pm-4:00pm

Workshops offered in English

Do you want to learn about the ABC's of Infant Safe Sleep?
Understand the risk factors and how to reduce them?
Learn how to create safe sleeping environments for infants?
Hear about our efforts to combat infant safe sleep related deaths?

We invite you to our monthly workshop!

Arcade Community Center
2427 Marconi Ave, #103
Sacramento, CA 95841

For more information contact us at
(916)514-8096

One (1) Graco Portable Pack 'n Play will be raffled off in class

Funding provided by:

Funding for Mutual Assistance Network Birth & Beyond Family Resource Center is provided by the First 5 Sacramento Commission which uses Proposition 10 (tobacco tax) funds to support the healthy development of children ages zero to five. Additional information about the First 5 Sacramento Commission is online at www.first5sacramento.net or by calling 916-876-5865.
ABC's de Sueño Seguro Infantil

Se celebra mensualmente el segundo Martes

14 de Mayo  
11 de Junio  
9 de Julio  
13 de Agosto

3:00 pm-4:00pm

Talleres ofrecidos en Inglés y Español

¿Quieres aprender sobre el ABC de Sueño Seguro Infantil?

¿Comprender los factores de riesgo y cómo reducirlos?

¿Aprender a crear ambientes seguros para dormir para los bebés?

¿Conoce nuestros esfuerzos para combatir las muertes relacionadas con el sueño seguro infantil?

¡Te invitamos a nuestro taller mensual!

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