

**Do you have a baby under 15 months old?**

**Are you looking for support with your baby's sleep?**

**Join our Infant Sleep Support Group!  
Connect with other parents, share experiences, and learn helpful strategies to support your baby's sleep.**

*For Cambridge families with babies  
newborn to 15 months old*

### **Infant Sleep support group sessions:**

- **Central Square:** Moses Youth Center (243 Harvard Ave.)  
Tuesday 10/7 and 10/14 from 12:15 pm to 1:30 pm
- **North Cambridge:** Fresh Pond Apartments Community Room (362 Rindge Ave.)  
Monday 10/27 and 11/3 from 12:15 pm to 1:30 pm
- **Virtual:** Wednesday 11/12 from 6:30 pm to 8:00 pm  
*Zoom link will be sent to registered participants*

**Registration required! To register, contact Kaleena at [kthompson@cambridgema.gov](mailto:kthompson@cambridgema.gov) or (617) 349-3003.**

*Please choose one location! You do not need to be registered for a Baby Group to attend. Baby Group participants are automatically registered.*

