

FORESTVILLE

Wellness Center

Mothering Toddlers

shared medical visits



Education

Support

Resources

Alternatives

Community



wchealth.org
707-887-0290

What:

The Mothering Toddlers group is an intimate gathering of mothers and their toddlers (ages 1 – 4 years old) in a venue that provides support guidance and activities for participants. Members of the community are often invited to the group to provide applicable knowledge and resources for the participants. Examples of topics discussed include:

- Nutrition
- Developmental milestones
- Self-care (for moms)
- Daycare and preschool preparation
- Sleep
- Potty training

When:

Ongoing – Wednesday mornings 10:30 AM – 12:00 PM

Where:

Gravenstein Community Health Center
652 Petaluma Avenue, Suite F, Sebastopol, CA
707-823-3166

Who:

Any **West County Health Centers** patient who needs support.

How:

Discuss with your Care Team and ask your medical provider for a referral. For more information, call us today.

FORESTVILLE WELLNESS CENTER: 707-887-0290

RUSSIAN RIVER HEALTH CENTER: 707-869-2849

SEBASTOPOL COMMUNITY HEALTH CENTER: 707-824-9999

GRAVENSTEIN COMMUNITY HEALTH CENTER: 707-823-3166

OCCIDENTAL AREA HEALTH CENTER: 707-874-2444



West County Health Centers

Caring for our Communities

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FORESTVILLE WELLNESS CENTER
6550 Front Street Forestville, CA 95436

PAYMENT: We accept most insurance, Medi-Care, Medi-Cal, and current sliding scale.

CONTACT US TODAY:
707-887-0290 . fax: 707-887-2790

HOURS: Mondays: Closed | Tuesdays through Thursdays: 8:30 am – 5:30 pm | Fridays: 8:30 am – 3:30 pm | Closed from 12:30pm – 1:30pm