

# Joyful Journeys

*A CAREGIVER & BABY PROGRAM*



Westwood  
Public Library



**Registration is required for each session.**  
**Sign up on the library's website or use the links below.**

## **Session One:**

Join social worker Sarah Spinello for songs, rhymes and open play followed by knowledge sharing.

**Fridays @ 11:00 AM**  
**July 11 and 18**

## **Session Two:**

Sheryl White teaches baby massage to help deepen bonding, soothe colic, improve sleep and more.

**Wednesdays @ 11 AM**  
**August 5 and 11**

<https://tinyurl.com/26bunv7>

<https://tinyurl.com/4389brsv>