

Infant Massage

For ages 1-18 Months

FREE for VOALA Families

Tuesday for 5 weeks

Beginning 8/19/2025

1:30pm-2:30pm

English and Spanish

will be hosted on Teams 

(to use on phone, download app, you do not need to create an account)



Establish secure attachment, decrease stress, relieve baby's teething and tummy discomfort, understand baby's cues, connect with other parents and more!

You will be providing your baby massage through the facilitator's instructions. Materials needed are cooking oil, cushions, blanket and towel.



Facilitated by:
Ilyse Lindsey, LMFT #155479 & ATR

Notify your Family
Advocate or teacher if
interested to join

